

## Meet Recap

Congratulations for winning the first meet of the season. We defeated the Lifetime Sugar bears 1854-504. Although the result was never in doubt due to the size discrepancy between the two teams, everyone swam well and we had 113 swimmers get at least one best time. The meet went smoothly and all the volunteers really helped the meet move along.

## Coaches Corner

By Alan Rosenfeld

Congratulations again on a great first meet. We didn't have any missed races or relays this week which makes for a great first weekend. Make sure you are at the blocks in plenty of time for relays so everyone does get the opportunity to swim. If you are signed up for the meet but know you are going to miss the meet for any reason please let me know as soon as possible. That allows me time to reseed relays and move people around for other events if needed.

If you got a DQ this week the coaches will be talking to swimmers this week to help them understand why and how to prevent it happening in the future. DQ's although frustrating at times are important for swimmer development. They allow the swimmers to get better by learning what they need to improve.

Meet signups for the Orangevale meet have closed. If you are still planning on attending the meet this weekend please let me know via email or in person by Monday evening.

## Quotes of the Week

Coach Alan after explaining a hard set. "Ready go!"

Corrine (14)- Heavy sigh "Oh shoot."

Calder (5)- "How can I ask for help if I am underwater?" –when asked to swim without a board

## Birthdays of Note

The Dry Diggins Dolphins would like to wish a very happy birthday to the following swimmers and coaches this week:

Drew Bennett

Bailey Bowers

Chris Bishop

Blake Johnson

Calista Schreck

Penelope Sowa

Isabella Lanni

## Board Bulletin

Please check your family file for important information, team cap orders if you haven't picked them up yet, or ribbons after meets. This is also a great place to leave messages for your Dolphin Buddy. However, please remember no food in the swimmer files.

We are looking for the perfect design to our 2017 Champs shirt. Swimmers are encouraged to submit a design that the coaches will review and select this year's design. Detailed information will be put in your family folders this week.

There was a rattlesnake that was killed at the swim meet yesterday. Although they are rare it is important to be careful around deck especially with baby rattlesnakes. Please remind swimmers to go find an adult if they see any snakes on deck.

Team pictures will be taken soon. Keep an eye out for an email with more information.

## Lessons

The Dry Diggins Dolphins are offering private lessons for anyone that wants a bit of extra individual work. These lessons can be used for young children just learning how to swim or swim team members looking for an extra leg up. If interested please email [dddswimlessons@gmail.com](mailto:dddswimlessons@gmail.com).

**\$100** for four 30 min private lessons  
trained and experienced coaches,  
a truly great deal with local experts

Lesson time slots are from 2:00pm - 4:00pm

A : May 30-June 2 (T-F due to Memorial Day)  
B : June 5-8  
C : June 12-15  
D : June 19-22  
E : June 26-29  
F : July 3-6  
G : July 10-13  
H : July 17-20  
I : July 24-28

Email [dddswimlessons@gmail.com](mailto:dddswimlessons@gmail.com)  
with dates interested and  
child's name and skill level

## Swimmers of the Week

### 5-30-16

6 and Under  
Easton Fraizer  
Leah McKenna

7-8  
Lucas Dorrough  
Madelyn Rickey

9-10  
Zach Aldritch  
Allison Caldwell

11-12  
Aidan Burge  
Melissa Cantwell

13-14  
Tessa Bush

15-18  
Karson Leos  
Nihna Atkins