

Dry Diggins Digest

Issue 7
June 18, 2017

Meet Recap

Congratulations for winning the meet against Cordova by a score of 1564.5 to 1339.5. This was the closest meet of the season by far and everyone stepped up and swam great. We had only 31 DQ's this week down from 46 in the previous two and I am happy to see that trending in the right direction.

Not only did the swimmers win convincingly, the coaches did as well due to the foolish challenge Cordova's coaching staff made mid meet. The coaches' relay ended very badly for them as a dolphin coaching team of Alan, Gina, Rachel, and Dominic lead wire to wire in a 200 butterfly relay easily dispatching their Cordova counterparts.

Coaches Corner

By Alan Rosenfeld

Happy Father's Day. I hope everyone has a great weekend.

Everyone did a great job on the meet this weekend. The number of DQ's dropped down by 15 and I am very proud of everyone focusing hard and making sure to stay legal in the more difficult strokes. Arden Manor is a smaller team next week so the goal will be to continue to reduce our DQ numbers and keep getting best times. Another 126 swimmers achieved a best time 74% of the team.

Remember that drop in is from 11:00-11:30 on Tuesdays and Thursdays. That is a fantastic time for swimmers to work on cleaning up dives, turns, or technique for a particular stroke.

Meet signups for the Arden Manor meet have been extended one day due to the confusion that fair week brings. If you are not signed into the meet by Sunday night it will be closed online and you will need to email Coach Alan to get into the meet. Because this is an away meet I cannot add people past Wednesday because Arden Manor is hosting the meet so please let me know by Monday if

you are planning on attending. We still have 54 people undeclared as of Sunday morning.

Meet Location Update

The meet this weekend against Arden Manor has changed locations. It will now be at Arden Manor's home pool Deterring Park located at 1415 Rushden Dr in Sacramento. I will be sending out another reminder along with the meet sheet later in the week.

Birthdays of Note

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

Clara Walker

Board Bulletin

The Swim-A-Thon Fundraiser will be taking place this week on Thursday the 22nd. This year we will be holding the swim-a-thon at both morning and afternoon practice. Information about the event has been in your folders and as the day gets closer we will begin talking more about this awesome event.

Please make sure to check your swimmer files daily. This is the place where we can communicate information along with ribbons from the meets and notes or other things from your swim buddy.

Congratulations to Truit Thayer for winning the boat regatta on Saturday afternoon. It was a fantastic event as always and it was great to see so many people participate.

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.

\$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
with dates interested and
child's name and skill level

Swimmers of the Week 6-12-17

6 and Under
Leah Alkema

7-8
Sofia Cordero
Gaige Popejoy

9-10
Naomi Morgan
Wyatt Dodge

11-12
Emily Foletta
Owen Cox

13-14
Grace Salvestrin

15-18
Trista Morkowski