

Dry Diggins Digest

Issue 7
June 17, 2018

Meet Recap

Congratulations on winning a tough meet against Orangevale. They are a large team that always swims well against us and with so many swimmers missing due to the fair week winning against them was a major accomplishment. The final score of 1,517 to 1,345 was achieved with a complete team effort across the board and everyone did well. We again improved our best time percentage to 47% and over 70% of our swimmers got at least one best time. Our DQ numbers dropped again and many of the issues are easily fixable and will be addressed during the week. If you got a DQ please talk to a coach and they can walk you through how to fix the issue.

Coaches Corner

By Alan Rosenfeld

I would like to wish everyone a happy Father's Day this Sunday and I hope that everyone has a great rest of the weekend.

I am always impressed at how well everyone swims each and every week. I didn't think that we would be able to beat Orangevale this week and certainly not by 172 points. It is such a pleasure getting to coach this team over the past five years and your attitude is a huge reason for how successful you are. We will keep building on this success next week against Cordova and keep striving for another undefeated league championship.

Thank you to everyone that stayed all the way through the long meet at Orangevale. If you do need to leave early please let a coach know so we can start to find replacements for your relay swimmers. Relays will sometimes change at scratch due to scratches so please check out with coaches before you leave the meet just in case you were put into a freestyle relay after scratch.

Birthdays of Note

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

Shannon Heibel

Clara Walker

Cordova Meet Notes

I will be submitting our entries to Cordova on Wednesday morning. As it is an away meet I cannot add swimmers after I submit our entries. Please double check that you have committed to the meet if you are attending. We still have 48 swimmers that are undeclared that will not be in the meet if you don't contact me before Tuesday evening.

Board Bulletin

Whistle Stop Yogurt is continuing their sponsorship of DDD by giving out yogurt coupons to kids that get at least one best time during the dual meet season. These slips will be in your boxes on Monday or Tuesday.

Our Swim-A-Thon is on June 21st. You can come to any practice time during morning or night but not both. We are always looking for parent volunteers to count laps so if you can stay and help your child and maybe a few more count we would appreciate it.

We are looking for the perfect design to our 2018 Champs shirt. Swimmers are encouraged to submit a design that the coaches will review and select this year's design. Detailed information has been put in your family folders.

Our next home meet is on June 30th against Arden Manor. The annual boat

regatta will be occurring after the meet is over. The boat regatta rules are on the third page of the digest.

Senior recognition and parent versus coaches' relays will be at the conclusion of the Auburn meet on July 14th.

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 ddswimlessons@gmail.com

Swimmers of the Week **6-11-18**

6 and Under
Shannon Heibel
Easton Frazer

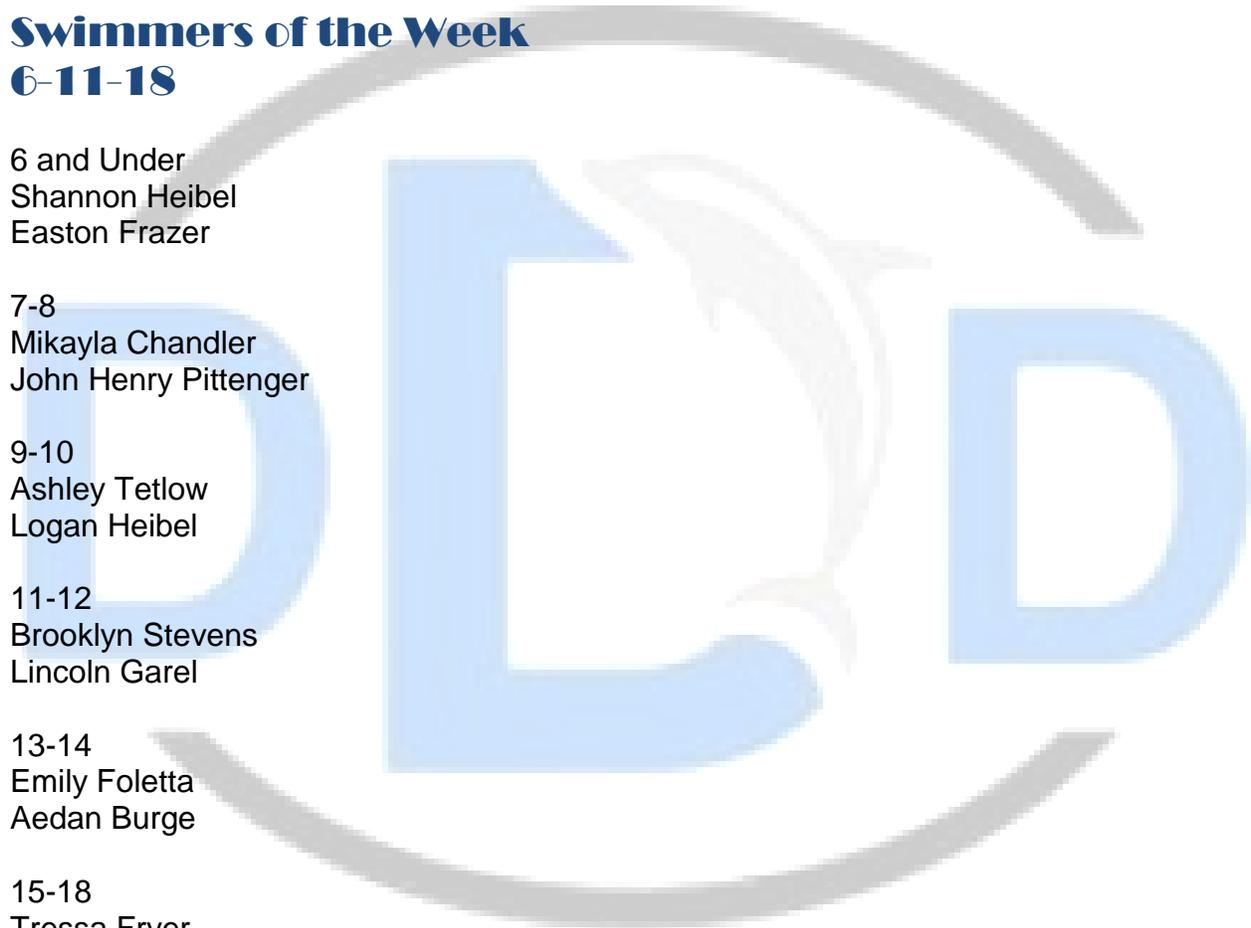
7-8
Mikayla Chandler
John Henry Pittenger

9-10
Ashley Tetlow
Logan Heibel

11-12
Brooklyn Stevens
Lincoln Garel

13-14
Emily Foletta
Aedan Burge

15-18
Tressa Fryer
James Peroutka



Boat Regatta Rules and Regulations

1. **BOATS MUST BE MADE OF CARDBOARD ONLY!** There are only two participants allowed per boat. This can be a team of one parent and one child, two siblings, or any combination of two from our dolphin team family, you choose. The boat may be sealed with tape, caulk, or glue.
2. Wax coated cardboard and concrete column tubing is not allowed.
3. Boats may not contain any floating device. (No rubber rafts, inner tubes, balloons, etc.)
4. If the boat has a cockpit, it must be big enough to escape from if the boat capsizes.
5. The boats dimensions must be no larger than 8ft. x 4ft. x 4ft.
6. The boat must have sides (no rafts) and both contestants have to fit inside.
7. No latex paints allowed as they will leak into the pool.
8. Boat paddles may be provided.
9. No one may interfere with the progress of any contestant.