

Meet Recap

Congratulations for winning the meet against Arden Manor 1,613-616. Although the outcome of the meet was never in doubt we had some great racing from the swimmers that attended.

The results from the meet have been posted and I have already found two issues with the 7-8 girls and 9-10 girls' freestyle relays. I have alerted Arden Manor to the issue and hopefully they will be able to get me updated results by Monday or Tuesday. If you see any issues with results please let me know and I will look into it.

We had 5 more DQ's than last week but still a much lower number than we had the first two weeks of the season. We will continue to work on fixing those technique issues as the season comes to an end.

Coaches Corner

By Alan Rosenfeld

We will have practice as normal this week heading into the July 4th holiday. On July 3rd we will only have afternoon practice at El Dorado high school and the 4th will be off for the holiday. Wednesday the 5th everything will return to normal.

The sign-ups for the Auburn meet close on July 2nd. Please make sure you are signed in for the meet so it can be seeded and sent out to Auburn by July 5th. You can always see what you are swimming by logging onto the website and checking both individual races and relays.

Quotes of the Week

Nihna Atkins (15) to Ruby Fortin (5)-"What do you think a prescription is?"

Ruby-"When your eyes hurt really bad."

Birthdays of Note

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

Hollyn Krieger

Linden Krieger

Mikayla Chandler

Board Bulletin

The Swim-A-Thon took place on Thursday the 22nd. It was a great event and a lot of fun as the swimmers swam a combined total of 243,625 yards over 147 miles. That is a great achievement and the top swimmers in each age group will get to be the coach for a day during the next week of practice. Coach Alan will be sending out emails to each winner with the details of how to design the practices. Top swimmers will be listed on Page 2 of the Digest.

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 Tera Nicita for swimming the most laps at the swim-a-thon. She swam 333 laps in a little under 3 hours, a little over 5 miles.

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

Top Swim-A-Thon Results per Age Group

6 and Under-Carly Pratt (46)

7-8- Mikayla Chandler/Olivia
Pooley/Sofia Cordero (100)

9-10 Cole Pratt (222)

11-12 Sawyer Freer (175)

13-14 Jordan Freer (216)

15 and up Tera Nicita (333)

Over 200 Laps at Swim- A-Thon

Cole Pratt (9-10)-222
Heidi Schneider (9-10)-203
Jordan Freer (13-14)-216
Jayda Heuer (13-14)-205
Amanda Kendler (13-14)-210
Tera Nicita (15-18)-333
Rachel Paturel (15-18)-204
Emily Martinez (15-18)-225

Swimmers of the Week 6-12-17

6 and Under
Naomi Pace

7-8
Mikayla Chandler
Jacob White

9-10
Heidi Schneider
Brayden Thayer

11-12
Calista Schreck
Chris Bishop

13-14
Amanda Kendler
Stone Hokanson

15-18
Tera Nicita