

## Meet Recap

Congratulations on winning the meet against Cordova. This was a highly competitive meet and I loved seeing how everyone competed hard and did their personal best. The final score of 1,473 to 1,447 was achieved with a complete team effort across the board and everyone did well. We again improved our best time percentage to 56% and over 83% of our swimmers got at least one best time. We had less individual DQ's this week, but we did have 9 relays DQ's which we will work on cleaning up during practice. As always if you got a DQ a coach will talk to you about how to fix your mistake.

## Coaches Corner

By Alan Rosenfeld

Each and every week I am impressed with how well everyone each and every week. This week, against a very tough Cordova team, we had an amazing showing from so many swimmers that lead to the close victory. I have never lost a meet while I have been head coach of dolphins and I give you all the credit for that achievement. Thank you for all the hard work and dedication you all put in to keep performing at a high level each and every week.

The meet this weekend against Arden Manor will be a much smaller meet as they along with lifetime are the two smallest teams in the league. Continue to work hard and try and beat your best times even if you don't have many swimmers on the other team to race. I will not be at the meet this weekend because I will be attending my little brother's wedding in LA, but I know you will all do amazing in my absence and coach Rachel, coach Shelby, and any of the other assistant coaches will be able to answer any questions you might have.

## Birthdays of Note

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

Alex de Gaust

Hollyn Krieger

Linden Krieger

## Arden Manor Meet Notes

I am currently seeding the Arden Manor meet.

As this is a home meet there is a bit more flexibility on adding swimmers but please let me know as soon as possible if you are attending and are not signed up. Once the meet has been seeded any late entries will not be added onto relays.

## 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.

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.

The annual boat regatta will be occurring after the meet is over this weekend. The boat regatta rules are on the third page of the digest so start building your boats for this great and fun event.

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

## **Swimmers of the Week**

### **6-18-18**

6 and Under  
Leah McKenna  
Abram Guth

7-8  
Paisleigh Watson  
Ethan Schneider

9-10  
Kaelin McKenna  
Henry Tillisch

11-12  
Abigail Rickey  
Truit Thayer

13-14  
Rainy Ogden  
Blake Johnson

15-18  
Tessa Bush



# 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.