

Meet Recap

Congratulations for winning the meet against the Roseville Sugar Bears 1,965-356. The results are on the website and can also be found by following this [link](#). Although the outcome of the meet was never in doubt we had many fantastic swims from junior dolphins in the morning to the parent and coaches relays in the afternoon. Our DQ percentage stayed below 8 percent and we had 40% of all swims get best times. This late in the season that is great. The Auburn meet on July 9th will be the first and only really challenging meet of the season. It is very important that everyone commits to the meet this week so I can begin to seed the meet over the holiday.

Coaches Corner

By Alan Rosenfeld

Practice was fantastic this week and it really showed with a 40% best time percentage even with 72 swimmers swimming miles on Friday night at the swim-a-thon. Compared to last year every age group swam more laps which is always fantastic to see. It was a fantastic event and the swimmers who swam the most laps will be getting to be coach for a day this upcoming week.

Olympic trials start on Sunday in Omaha. This is an amazing event where thousands of the best American swimmers come to compete to make the United States Olympic Team and represent team USA in Rio this summer. Finals will be televised on NBC at 8:00 PM from Sunday 6/26 to Sunday 7/3 with trials being shown on NBC Sports at 3:30 each day as well. I encourage everyone to attempt to see at least some of these races and watch specifically how hard these elite athletes kick.

We will not have practice on Friday July 1st and Monday July 4th for the holiday. I hope everyone has a great holiday and stays safe.

Quotes of the Week

Emma Frazer *asking about the 7-8 girls butterfly record* "How many people broke the record?"

Coach Alan "No one. That is why it is still the record."

Lucas Dorrough (6) "I'm a beluga whale."

Board Bulletin

Champs T-Shirt Contest

In your file folders you will find information about a T-shirt design contest for our champs T-shirts. I encourage everyone to submit a design by Wednesday and a winner will be chosen to have their design on the champs t-shirt this year.

Swim-A-Thon

Our annual Swim-A-Thon fundraiser was on Friday June 24th. It was a lot of fun and Jordan Freer swam the most out of everyone with 302 in total. We had 72 swimmers participate this year and the top kids per age group will be posted on page 2 of the digest. It was a lot of fun and hopefully we will have more people swim next year. The 7-8 age group had 47% participation and will have Otter Pops at practice on Monday as a reward.

Birthdays of Note

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

Alexander de Gaust

Hollyn Krieger

Linden Krieger

Mikayla Chandler

Swimmers of the Week 6-27-15

6 and Under
Ethan Schneider
Carly Pratt

7-8
Dennis Warden
Lauren Dorrough

9-10
Landis Mount
Abby Beasley

11-12
Chris Bishop
Amanda Kendler

13-14
Grace Salvestrin

15-18
Marcus Holifield-Helm
Anika Morkowski

SWIM A THON LAP LEADERS

66 Laps equal 1 mile
302 laps equal 4.23 miles

Jr Dolphins
Adeline Walker (36)

6 and Under
Clavey Freer (74) Ethan Schneider (70)
Kaylee Sare (62) Leah Akama (42)

7-8
Brayden Thayer (150) Dennis Warden
(100)
Emily Murphy (142) Megan Sare (136)

9-10
Sawyer Freer (234) Landis Mount (133)
Audrey Lewin (146) Audrey Schneider
(132)

11-12
Aedan Burge (252) Ben Sallee (140)
Eriah Griffith, Ella Doescher (135)
Sheridan Forgy (122)

13-14
Jordan Freer (302) Tera Nicita (301)

15-18
Cameron Neeley (190) Keefe Pesko
(182)
Emily Moore (201) Hanna Bush (180)