

Dry Diggins Digest

Issue 3
May 18, 2014

Coaches Corner

By Alan Rosenfeld

The practice schedule changes this week and will remain the same until morning practice starts in June. Please look at the schedule below to see when your new practice time is.

Unfortunately, our time trials meet at Union Mine on the 23rd has been cancelled. Union Mine is holding a senior pool party beginning at 6PM so we will not have access to their pool facility. El Dorado is also holding one the same night and time so practice will be cancelled on Friday. I hope that everyone has a great Memorial Day weekend and I look forward to seeing all of you on Tuesday May 27th when practice resumes.

I hope that everyone is getting ready for the school year to end and dolphins season to begin in earnest. Starting June 2nd morning practices will begin and we will transition from mostly drill work to more distance. This week we will be focusing on butterfly for the 7 and ups.

Practice Schedule

Monday-Friday

6 and under-	4:00-4:30
7-8	4:30-5:15
9-10-	5:15-6:15
11-12	6:15-7:15
13 and up-	7:15-8:15

Swimmer Quotes

Coach (referring to breaststroke): Take a breath after every stroke.

Swimmer: "Oh so that's why it's called the breath stroke."

Board Bulletin

The Time Trials meet at Union Mine on May 23rd has been cancelled. Thank you everyone who had signed up to attend and volunteer. Practice is also cancelled on that day. We will now be having time trials during each age group practice on May 30, please attend if you can.

If you are missing any swim team items please check the lost and found box that is located near the backboard and coaches office. We have towels, suits, goggles, and other items that have been left after practice and hopefully you can find your missing items there.

Birthdays of Note

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

Charlotte Walker
Cruz Pearl
Jia Dickson
Jacqueline Arnold
Katlyn Arnold
Ona Cooney
Kendal Watkins
Kayla Schucker
Connor Naff

Swimmer Quotes

Coach Wyatt to swimmer: "Your arms should be really tired."

Swimmer: "No, I work out."