

Dry Diggins Digest

Issue 7
June 15, 2014

Meet Recap

Congratulations Dolphins for beating the Tiger Sharks 1570-1338. It was a close meet throughout, but thanks to some great swims and final relays we were able to pull out the victory. There were 132 individuals that got a best time, almost 80% of the swimmers that attended.

Coaches Corner

By Alan Rosenfeld

I would like to wish everyone a happy father's day. I hope that it is filled with family, friends and fun.

With the dual meet schedule now half way completed, it is a good time to look back and consider how you have done over the course of the season. If you have set goals, now is a good time to reevaluate them and figure out how you can succeed in the next few weeks. When we travel to Cordova this week, I will be excited to see even more best times and fantastic races. I am impressed with how well you have supported each other, but I think we can do even better at the next two meets.

We had a few swimmers miss relays this week. Please make sure that you are ready and on the right side of the pool for relays. If one swimmer is missing, the entire relay needs to scratch or a swimmer has to swim twice. This isn't fair to the swimmers who were ready for the relay. Plus in a close meet, a missing relay swimmer could make the difference between winning and losing a meet.

Jr Coaches wanted. If you are an 11 and up and want to help with Jr Dolphins you must attend training on Monday June 16th from 3:30-4:30. It will be held at El Dorado High School.

We still have a number of swimmers undeclared for the meet on Saturday. If you want to be able to attend the meet and swim in relays you need to either commit to the meet online or let Coach Jackie or me know via email by this evening June 15. If you miss the

deadline, but can swim in the meet, please let us know. However, you might not be able to swim a full meet program.

Board Bulletin

File folders will now be on the deck at Union Mine. Please check your family file for important information, team cap orders if you haven't picked them up yet, or ribbons after meets. This is also a great place to leave messages for your Dolphin Buddy. However, please remember no food in the swimmer files.

Lap-A-Thon will occur during practice on June 26th. If you still have letters to turn in please bring them to practice on Monday.

Please remember to sign up for the Dry Diggins Golf Scramble on June 19 at Cold Springs Country Club. There are some great raffle prizes that would be cool to win. More information can be found [here](#).

Quotes of the Week

"Are we going to be doing 50's all day? Cause that would make me sad." -Caylee age 8

"What are these? Scrolls?" After Coach Mikaela handed him a swim stick

Birthdays of Note

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

Mackenzie Newton

Betsy Yost

Mateo Van Thull

Colin Barton

Swimmers of the Week

6-5-14

6 an Under
Koa Stevens
Megan Sare

7-8
Zach Aldrich
Audrey Lewin

9-10
Dylan Herrick
Emily Foletta

11-12
Colin Carnahan
Lilli Cox

13-14
David Stewart
Jana Hudak

15-18
David Taylor
Bianca Zungia

