

Coaches Corner

By Alan Rosenfeld

Thank you for a great first week. I am always so impressed when I see everyone swimming again and I have a lot of confidence for the upcoming season. This week we will start to work on more technical strokes like breaststroke and butterfly in the 7 and up age group. These strokes can be difficult to learn so please remind your children to be patient as we work on these two strokes this week.

Meet sign ups are now up online. Please take a minute and sign your swimmer in and out of the meets that they will attend this season. As a reminder the sign ups will close 8 days before the meet.

Dolphin buddies should be finalized in the next two weeks. When they are published, I will let all the swimmers know where they can find out their buddy and help with introductions as necessary.

2019 Coaching Team

Head Coach: Alan Rosenfeld

Email: alanrosenfeld1234@yahoo.com

Assistant Coach: Nihna Atkins

Assistant Coach: Jaymie Benedetto

Assistant Coach: Catherine Bishop

Assistant Coach: Logan Dorrough

Assistant Coach: Skylar Ewing

Assistant Coach: Gemma Meadows

Assistant Coach: Emily Moore

Assistant Coach: Skyler Velasquez

Birthdays of Note

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

Maximus Stupek

Practice Schedule

Monday – Friday

6 and Under 4:00-4:30

7-8 4:00-4:45

9-10 4:45-5:45

11-12 5:45-6:45

13 and up 6:45-7:45

Board Bulletin

Please keep an eye out for team emails over the course of the season. This is one of the best ways we have to contact you and will be sending out important information you can have everything you need to know about job signups, meet signups, or other team events.

As a reminder personalized cap orders have a deadline of today May 5th. Non-personalized silicone and latex caps will always be available for purchase at home meets.

Team wear will be at every home meet if you didn't get an opportunity to purchase any on deck this week. Our first home meet is on June 1st.

Volunteer jobs will be released sometime in the next two weeks. A team unify email will alert you to when the open up. Meets are completely volunteer driven so please do sign up so the meets can run smoothly.

After your children have finished practice please remember to check your surrounding area for all your personal belongings and trash.

Practice Tips and Equipment

Suit-Make sure it is tight enough to handle diving

Goggles-Make a huge difference in kids being able to keep their heads in the water. Coaches can help the swimmers tighten or loosen to make them fit better but the swimmers should start to learn to fix goggles on their own as the season progresses

Practice Cap-Any cap is fine for swimmers with long hair or ones that get cold easily. One excellent way to help the coaches learn your swimmers name is by writing it clearly on the side of the cap.

Towel-If swimmers want to dry off after practice towels are useful.

Useful Tips-Make sure you label everything. Kids will leave things behind and if they are not labeled it is difficult to get them back to their rightful owner. Use a black sharpie and you may need to reapply the name a few times over the course of the season.