

2021 Coaching Team

Coaches Corner

By Alan Rosenfeld

I first want to wish everyone a happy Mother's Day and say that I am so happy to be back coaching again this year. It has been a long time since I have gotten to work with the Dolphins, and it is a really rewarding experience for me every time I am on deck. Thank you all for an amazing first week of swimming. I am always impressed with how well everyone does in the first week and especially adapting to all the new things we needed to do this year to make the season happen. We will be starting backstroke this week for the 7 and up age groups so we will be stressing circle swimming a lot. If you want to discuss this concept with your swimmer as well that is always appreciated. Circle swimming is the idea of always swimming on the right side of the lane, just like driving a car, so the kids don't end up bumping into each other.

As always, I want to thank you all so very much for swimming. I have the best job in the world getting to work with all of you every day and I certainly don't take it for granted especially after it was taken away last year. Thank you for your patience as we navigate through this different type of season.

Birthdays of Note

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

Maximus Stupek

Ella Triplett

Ethan Bishop

Emily Marsolais

Head Coach: Alan Rosenfeld

Email: alanrosenfeld1234@yahoo.com

Assistant Coach: Nihna Atkins

Assistant Coach: Claire Bacco

Assistant Coach: Logan Dorrough

Assistant Coach: Collin Eldridge

Assistant Coach: Amanda Kendler

Assistant Coach: Gemma Meadows

Assistant Coach: Emily Moore

Assistant Coach: Alena Tadayeski

Practice Schedule

This Week the practice schedule flips so N-Z will be Monday, Wednesday, Friday A-M will be Tuesday Thursday

Please only attend on the days you are assigned to come.

Quotes of the Week

Coach Alan- "Ready, go!"

6-year-old – "So sorry, not ready!"

6-year-old- "Im'a grab my board and then let's do this!"

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.

Our Chipotle fundraiser will be on the 25th
The flyer will be coming soon so please
keep an eye out for that.

We are adding another layer of
communication to let parents know of last-
minute cancelations like on Friday. Please
make sure you have updated and verified
your cell phone number on team unify so
we can send a text to you if we have any
last-minute changes.

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.