

## Meet Information

Our biggest meet of the season is this weekend against Orangevale. Sign ups for the meet have closed but if you are still planning on attending please let me know by Monday afternoon and I will put you into the meet. We only have about 20 kids still undeclared which is a great percentage so thank you everyone who has already signed in or out.

## Coaches Corner

By Alan Rosenfeld

I hope that everyone had a fun and safe Fourth of July. We have three weeks left of the season when we come back and now it is the time to refine strokes and get ready for Orangevale and championships. I have been happy with how well everyone has done over the course of the season so it is time to get in that last bit of focus to finish everything off. Please make sure you have declared for Championships this week as it is very important that we get accurate registration numbers for jobs and this is a meet that I can't change anything after the submission date.

## Birthdays of Note

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

Veda Lichtenberg

Clayton Meyer

Daisy Billingsly

Brooke Phillips

## Practice Schedule

**The pool at El Dorado is without power currently so we will not be having any afternoon practice on Monday except for Junior Dolphins who will practice at Union Mine at their normal time slot. I am in contact with the administration so as soon as the pool is fixed, I will let everyone know. I will send out emails and all calls daily to give updates.**

As a reminder afternoon practice for the 13 and up age group has been combined with 11-12's for the remainder of the season. That practice time is from 5:45-6:45.

## Board Bulletin

Please make sure to check your swimmer files daily. This is the place where we can communicate information along with ribbons from the meets and notes or other things from your swim buddy.

Senior Recognition and the Junior Dolphin Race will be held at the beginning of the Orangevale meet on July 13<sup>th</sup>. If you have any questions please don't hesitate to ask Coach Alan

The annual Parent Vs. Coaches relay will also occur at the conclusion of the Orangevale meet. If you are interested in participating start putting together your parent teams to challenge the coaches in a 200 Freestyle relay. More information will be sent out next week.