

Dry Diggins Digest

Issue 11
July 14, 2019

Meet Recap

Congratulations on winning the meet against Orangevale 1,567.5 to 1,335.5. Orangevale is a very fast team and winning by over 200 points is a major accomplishment. We only had 23 DQ's over the course of the entire meet which is may less than we have had over the past two weeks. This is a great sign going into champs in two weeks. I will be talking with the kids that got a DQ about what happened so they can correct the errors for the next time they swim. Thank you to all of the volunteers that helped the meet run so smoothly. We finished the meet before 1:30 thanks to everyone helping out. I also got several complements from Orangevale about how fantastic our team sportsmanship was which is always amazing to hear.

Coach's Corner

By Alan Rosenfeld

Thank you all for an amazing season. I know that many people will be finishing up the season this week due to planned vacations or Sugarloaf commitments and I have been so impressed with how well everyone has done over the course of the season. As this is many people's last week of practice, we are going to have our spirit week this week going into the dolphin dance and champs rally on Saturday.

This week we will be having fun relays and games to conclude practice for all age groups. We will also have several themed days for the kids to dress up and show dolphin spirit.

Monday we will be having age group team building activities during and immediately after practice. These challenges are meant to encourage the swimmers to work together to solve problems creatively.

On Tuesday we will have the ever-popular silly sock day. Wear your craziest and silliest socks to practice and even wear them for warmup if you want.

On Wednesday we will be creating posters that we will bring to champs. Design posters that showcase dolphin pride and sportsmanship to hang at American River College during our championships meet.

Thursday is twin day. Pick a friend or two and dress the same when you come to practice and swim in the pool.

Friday morning will be a day of fun games and relays along with turn work and dives.

Board Bulletin

The dolphin dance will be held on Saturday July 20th from 6-8 pm. Please see the attached flyer or check your dolphin folders for more information about this great event.

As the season is drawing to a close please make sure to check your folders to grab any last items before the season ends on July 27th.

Schedule for champs week spirit days

Monday-team building

Tuesday-Silly socks

Wednesday-Age group posters

Thursday-Twin day

Friday-Fun day

Birthdays of Note

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

Daisy Billingsley

Brooke Phillips

Peyton Molinari

Lillian Infante