

Dry Diggins Digest

Issue 12
July 21, 2019

Season Recap (so far)

The dolphin season has been a great success going into championships on the 27th. We have won every meet by at least 200 points and have averaged best time percentage of over 50 percent at each and every meet. Championships will be held at American River College on Saturday July 27th where we will again attempt to defend our league title for another consecutive year.

Coach's Corner

By Alan Rosenfeld

The end of every season is always a bittersweet moment for me. I love getting the opportunity to acknowledge everyone and see how well everyone does at championships but it means that we have finished another summer and I won't be seeing the swimmers for another year. The dolphin season is such a whirlwind for me and it always goes by very quickly. I hope that everyone had a great experience and had as much fun throughout the season as I did.

After champs on Sunday July 28th we have our awards ceremony at El Dorado high school starting at 6PM. This is where everyone can collect the ribbons they won at champs and the coaches and I can hand out awards like high point, coaches award, most improved, and our dolphin awards. Please attend if you can as it is a great time for all of us to acknowledge how great the season was.

Thank you all so much for having me as your head coach again this year. This dolphin family is such a special part of my life and coaching career and I have enjoyed every year I have gotten to be a part of it.

Board Bulletin

Please make sure your file folders are cleaned out by Friday July 26th. We will be taking the folders and bringing them to champs and putting everything in them into folders for the awards ceremony on July 28th.

Champs is on July 27th at American River College. We will have check in starting at 6:45 AM and check in will close at 7:20 for the scratch meeting. If you are not signed in by 7:20 on Saturday you will be pulled from the meet. I have attached a map of the college with the location of our team area for set up.

On July 28th we will have our annual awards ceremony at the El Dorado High School multipurpose room. This will be from 6-8 pm and this is the time where you will get your medals for the season, ribbons from champs, and other awards given out by the coaches. This is also a great time to say goodbye to coaches and friends that you won't see for the next couple of months.

August 3rd and 4th is Meet of Champions. This meet is for top ten finishers at champs and those that make qualifying times. This meet brings all the best summer league swimmers in the Sacramento area and is highly competitive. If you are interested you will need to sign up for what events you want to swim on our website and also register on the [MOC website](#) by following this link by Sunday the 28th. If you have any questions about MOC please don't hesitate to ask me.

Friday Practice Schedule

All groups 9:00-10:15-We will be having a small group practice followed by our champs rally with car painting.

Birthdays of Note

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

Seamus Carroll
Avery Veerkamp
Owen Cox
Meredith Little
Jackson O'Neil
Madison Warden
Savanna Warden

