

## Meet Recap and Champs Preview

Congratulations on another great win against Orangevale. They have some very fast swimmers and we still won the meet 1,484.5 to 1,301.5. Another meet of over 50% best times and 5% percent DQ rate makes me very happy about the season so far. We have champs coming up this weekend where we will look to avenge our loss against Woodland as we are coming in force with 150 swimmers to league championships. I need to turn in champs seeding by Monday at 3pm so if you haven't signed up for champs or would like to make a race request, please make sure that is done by Monday morning. Once I have turned in the champs seeding to the league it cannot be changed.

## Coach's Corner

By Alan Rosenfeld

Thank you all for another great season this year. I know I say this every year, but I am so very lucky that I get to coach this team year after year. The Dolphins are such a fun team to coach from the swimmers to the parents to the coaching staff I get to work with every day and I don't take it for granted because it is a truly special group.

This last week of practice will be our spirit week so we will have some games and fun activities during and after practice to build up into champs on Saturday July 23<sup>rd</sup>.

After champs on Sunday July 24<sup>h</sup> 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. There will be more information about the awards ceremony over

the week, but I wanted to put it on everyone's radar.

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 22<sup>th</sup>. We will be taking the folders and bringing them to champs and putting everything in them into envelopes for the awards ceremony on July 24<sup>th</sup> and the files being emptied makes that a lot easier.

Champs is on July 23<sup>th</sup> at the Charles Brooks Community Pool in Woodland. There will be a lot more communication about the champs during the week and I will send out what everyone is swimming today so people have a chance to request modifications before I turn everything into the league on Monday.

On July 24<sup>th</sup> 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 be say goodbye to coaches and friends that you won't see for the next couple of months.

## Spirit Week Events

Monday-Posters for Champs (create age group posters for champs)

Tuesday-Twin Day (come dressed as a twin or triplet to practice)

Wednesday-Wacky Sock Day (Wear your silliest socks and you can even wear them in the pool if you want)

Thursday-Team Building Activities after practice also Champs Rally to pick up champs shirts at 6 pm after evening practice

Friday-Nail painting and Hair paint

jackietintinger@yahoo.com to arrange a pick up day and time.

Towels still needing to be picked up at the awards ceremony:

Madeline Engelhardt  
Blaise Edmonds  
Ethan Bishop  
Alexia Tuazon  
Oliver kuntz

## Birthdays of Note

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

Catelyn Eddings

Seamus Carroll

Austin Placek

Avery Veerkamp

Owen Cox

Meredith Little

Addison Real

Liana Round

Madison Warden

Savanna Warden

Water bottles needing to be picked up:

Nina Adams,  
Leah and Lilly Alkema  
Mckenley Anderson  
Lyla Betty  
Christopher Bishop  
Ethan Bishop  
Allyssa, Camarillo  
Seamus Carroll  
Callan, Cern Center  
Sierra Derencin  
Blaise Edmonds  
Madeline Engelhardt  
Emily Foletta  
Clavey, Sawyer Freer  
Caleb, Eliza, Joshua Hodnet  
Joseph Lambb  
Theodore Meadows  
Hannah, Maya Musgruve  
Anastasia, Deegan, Merrwynn Padovan  
Austin, Olivia, Elaina Pooley  
Addison, Elizabeth Real  
Calder, Skye Slimmer  
Henry, Clive, Maximus Stupek  
Janie, Sophia Thomas  
Alexis Tuazon  
Emerson Weiedert  
Jacob White  
Ethan Willis

## Swim-A-Thon Prize Update

Thank you to everyone who participated in the Swim-A-Thon swimmers and parent volunteers. It was a rousing success and everyone had a great time. Thank you so much to Michelle and Josh from JC Mobile Gaming for donating the gaming prize for our top fundraiser. If you were not able to pick up your water bottle or towel at the meet yesterday please pick them up at the awards ceremony or email