

Coaches Corner

This season was an amazing success. Despite losing the championship meet to Orangevale the Dolphins completed another undefeated duel meet season and had well over 1000 best times achieved over the course of the season. Our 6 and under swimmers won every meet as did our 11-12 girls and our 12 and under swimmers would have won champs if we didn't score the older kids. This shows the great depth that we have and the strength of our team. Thank you for another amazing season.

Thank you to all the parent volunteers that helped the season run as smoothly as it did. We can't put on meets or run the team without you and everyone stepped up in a major way this year which is something that I do not take for granted.

Every year at this time I want to express how lucky I am that I get to coach this team for the past 6 years. This team is amazing in terms of how much they welcome new families and embrace the dolphin spirit year after year. I have been involved in swimming for 16 years and worked or swam with 6 teams during that time and I have never had a team that has this kind of family atmosphere. Thank you all for an amazing season year after year and giving me the opportunity to work with your kids.

Next year will bring a new challenge as we attempt to regain our championship title from Orangevale and continue the amazing tradition that is the Dry Diggins Dolphins.

Meet of Champions Information

Meet of Champions will be held on August 3rd and 4th. If you are interested in attending, you will need to register on their website by following this [link](#) and following the instructions on the website. This will add you to the MOC system. Then you need to go to the dolphin website and register for meet of champions on our site just like you would for a regular meet. Registration for this meet closes at noon on Monday. If you would like to attend this meet you need to register on the MOC website and on the dolphin website tonight or tomorrow morning.

What is Meet of Champions?

Meet of Champions is a swim meet that brings all of the top swimmers in the Sacramento area to one meet at the conclusion of the season to compete against the top competition in the area.

When are practices for MOC?

Practice for Meet of Champions will be from 8-10 AM at Union Mine beginning Monday 7/29/19.

8-9:00 for 10 and ups

9:00-9:45 for 10 and unders.

9-10 swimmers can choose to practice either from 8-9 or from 9 to 9:45.

Birthdays of Note

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

Bethany Fullard

Destiny Ogden

Ashley Tetlow

Naomi Morgan

Awards Winners

6 and Under

Most improved –Trinity Hamby and Riffin Grudin

High Point—Vanessa Terrell and Blake Fullard

Dolphin Award—Emmerson Weidert and Gavin Gabbard

Coach’s Award—Daisy Billingsley and Caleb Falkenstein

7-8

Most Improved—Lacy Rebolcaba and Abram Guth

High Point—Carly Pratt and Travis Gabbard

Dolphin Award—Kenzie Pfeiffer and Oliver Mingle

Coach’s Award—Arizona Jared and Calder Slimmer

9-10

Most Improved—Alyson Tetlow and Elliot Barnes

High Point—Maya Musgrove and Zach Gunn

Dolphin Award—Olivia Pooley and Trey Hamby

Coach’s Award—Kaelin McKenna and Kyle Placek

11-12

Most Improved—Olivia Chandler and Jared Elzinga

High Point—Avery Hornsby and Cruz Lopez

Dolphin Award—Hannah Musgrove and Lincoln Garel

Coach’s Award—Emily Phillips-Widroe and Mason Schneider

13-14

Most Improved—Audrey Schneider and Theo Meadows

High Point—Melissa Cantwell and Chris Bishop

Dolphin Award—Emily Foletta and Seamus Carroll

Coach’s Award—Hannah Elzinga and Sawyer Freer

15-18

Most Improved—DJ Kraus and Gemma Meadows

High Point—Nihna Atkins and Karson Leos

Dolphin Award—Tera Nicita and Patrick Farrell

Coach’s Award—Emily Marsolias