

# Dry Diggins Digest

Issue 2  
May 16, 2021

## Coaches Corner

By Alan Rosenfeld

Thank you all for a great week 2 of practice. I am always impressed every year at how quickly everyone gets back into the swing of things. We will be starting breaststroke for the 7 and up swimmers this week and backstroke for the 6 and under group. Breaststroke is sometimes a difficult stroke to master and understand so it is important for them to be patient as they work through it. I will be posting meet sign ups at the end of the week. I will send out an email that will show you how to sign up for the meet so I can begin to put it all together for June 5<sup>th</sup>. As the meet gets closer, I will send out more information of how the meet will work for each age group. Thank you all so very much for swimming and I am looking forward to an exciting rest of the season.

## Birthdays of Note

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

Jia Dickson

Ellisyn Eyrisch

Dylan Thomas

Madelynn Maurer

Corvin Sanz

## Practice Schedule

**This Week the practice schedule flips so  
A-M will be Monday, Wednesday, Friday  
N-Z will be Tuesday Thursday**

Please only attend on the days you are assigned to come.

## Quotes of the Week

After talking to a 6-year-old for 2 minutes...  
"Are you talking to me?"

"This is physics."

"Excuse me coach and leader."

After swimming backstroke..." When are we ever going to use this but in swimming?"

## Board Bulletin

Our Chipotle fundraiser will be on the 25<sup>th</sup>. The flyer will be coming soon so please keep an eye out for that.

You should have gotten an email about the Tye-Dye hoodie raffle. As a reminder send in your entries either via posting a photo of your swimmer in their hoodie to our facebook page or email a photo to Willow Lyons at [willow.lyons@gmail.com](mailto:willow.lyons@gmail.com)

## Water Polo Camp Opportunity

Mother Lode Water Polo is offering a series of camps over the summer for anyone who is interested in learning. See the flyer below for more information or go to [motherlodewaterpolo.com](http://motherlodewaterpolo.com) to sign up.

# Get Excited!

## WATER POLO LESSONS

### MOTHER LODE WATER POLO

Owners Heather & Clint Robertson have coached the El Dorado High School's water polo program for the past 5 years. Water polo is their passion and they want to teach the next generation of players and prepare them for high school level water polo. They are committed to providing a fun and family friendly environment.

#### YOU WILL LEARN:

- Swimming Technique
- Treading Water
- Ball Skills
- Passing & Shooting
- Team Work

Pro Coach - Caleb Robertson  
American River College



## 2021 lessons/clinics

### June Session 1

June 1st-3rd & June 8th-10th

### July Session 2

July 13th-15th & July 20th-22nd

\$150 / Session - \$250 for 2 Sessions

**BOOK NOW  
ONLINE!**

[WWW.MOTHERLODEWATERPOLO.COM](http://WWW.MOTHERLODEWATERPOLO.COM)

**530-309-6225**

