

Dry Diggins Digest

Issue 3
May 19, 2019

Coaches Corner

By Alan Rosenfeld

With the second week of the season officially in the books we are beginning to start working on the sets that we will be continuing for the rest of the season. We will still be working on technique every day, but the sets will start to become a larger part of the workout as we begin getting ready for meets. I apologize for the inconvenience of the cancellation on Thursday but it seems like the pool temperature is now back up to where it should be and practice will proceed as normally scheduled the rest of the season.

Swim buddies have been assigned and the binder will be on deck starting on Monday so swimmers can figure out who their buddies are this year. If anyone has any questions about your buddy or how the buddy system works please don't hesitate to ask me.

Birthdays of Note

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

Cruz Lopez

Charlotte Walker

Jia Dickson

Dylan Thomas

Ona Cooney

Corvin Sanz

Easton Frazer

Kyle Placek

Practice Schedule

NO PRACTICE THURSDAY DUE TO HIGH SCHOOL GRADUATION

Board Bulletin

If practice needs to be cancelled for any reason like it was on Thursday both an email and an all call will be sent out as soon as possible to notify everyone.

This Friday is the deadline for signing up for time trials. This is a great first meet for kids to experience how the meet system works and for kids to get a new set of times for the year. Each swimmer will get to swim every event so if there is a particular event that your swimmer is nervous about or doesn't want to swim please let Coach Alan know either via email, at practice, or when you sign in to the meet.

We are still looking for parents to volunteer for stroke and turn judges this season. This is a position that does not require experience as they will teach you everything you need to look for as a judge. Preferably we are looking for some families with younger kids (7-8 or 9-10) because most of our judges have kids that will be aging out of the team and it is important to be able to have some consistency. If this is something you are interested in please sign up for stroke and turn at time trials and you will learn what you need to do.

After your children have finished practice please remember to check your surrounding area for all your personal belongings and trash. I have picked up quite a few things already so if you are missing something just let me know and I will point you to the lost and found.