

## Coaches Corner

By Alan Rosenfeld

Thank you all for a fantastic season so far. I have been so impressed with how well everyone is doing at practice. Our first meet is coming up quickly on June 5<sup>th</sup>. I will be setting up meet registration soon and will be sending out an email detailing how to register for the meet. This year things will be a little different and athletes will be able to choose what individual events they would like to swim at the meets. I will still seed the relays and if you ever need to leave a meet early or can't swim on a relay for any reason, please leave a note in the comments section when you sign up. I will send out a more comprehensive email about meet procedure next week, but if you have any questions about signing up or meet procedure you can reply to the meet announcement email and I will get back to you.

## Birthdays of Note

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

Kyle Placek

Brennan Pfeiffer

John Cleveland

## Practice Schedule

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

Practice will be cancelled on Thursday and Friday this week due to Graduations happening at El Dorado High School

## Board Bulletin

Our Chipotle fundraiser will be on the 25<sup>th</sup>. The flyer has been sent out and is also attached to the digest email.

You should have gotten an email about the Tie-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)

Stroke and Turn training will be happening on Tuesday and Wednesday of this week during the 9-10 practice 5-5:45. If you were ever interested in being a stroke and turn judge or need a refresher course please attend on whatever day is most convenient for you.

## 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**

