

Coaches Corner

By Alan Rosenfeld

The first meet of the season is coming up this weekend as well as the transition into morning practices at Union Mine. I hope everyone is having a nice Memorial Day weekend and as a reminder practices will start on Tuesday with the summer schedule.

Please remember to sign up for meets if you are planning to attend. The first meet is already closed so if you were planning on attending please let me know via email before

Wednesday so I can enter them into the meet.

The next meet closes on Friday so please make sure you are signed in or out for that meet as well. Our first meet is against the Lifetime Sugar Bears who have a very small team which will mean that the meet should be an excellent first experience for anyone who is new. I will be sending out a few emails over the course of the week with more information about the meet itself.

Practice Schedule

Practice will begin at Union Mine on Tuesday May 31st. All swimmers will have practice every day.

9:00-10:30 13 and up

9:30-10:45 11-12

10:45-11:45 9-10

11:45-12:30 7-8

12:30-1:00 6 and under

Afternoon Practice (No Afternoons on Friday)

3:30-4:00PM Junior Dolphins

4:00-5:00PM 10 and under (6 and under swimmers are done at 4:30 and 7/8 swimmers are done at 4:45)

5:00-6:00PM 11 and up

Board Bulletin

Swimmer files are now on deck. In them currently you will find picture order forms for the first meet and in the future you will find ribbons and other information as well.

Dolphin buddies will be assigned this week. A binder will be on deck by the file folders with a list so you can find out who your buddy is for the season. Try to introduce yourself at the meet and there will be buddy information exchange forms where you can tell your buddy a little about yourself this week as well.

Birthdays of Note

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

Hailey Camarillo

Emmerson Weidert

Chris Bishop

Bailey Bowers

Meet Procedure

The first meet of the season is approaching, and I wanted to give people a bit of a rundown of how the meets will work now that we are back to more of a normal style.

Check in for the meet will be at a table on the basketball courts where every swimmer will initial next to their name and make a check mark indicating that they are present at the meet. If you don't check in I will assume you are not going to be attending the meet and scratch you and reseed all of your relays. Check in will begin 30 minutes before the beginning of warmup.

After warm up the meet will start. 9-10 IM starts out the meet with girls always going before the boys in each age group. We will have a ready bench this year again, mandatory for all 10 and under and as an option for the 11 and up. Make sure you are getting to the ready bench in plenty of time at least one full event before you swim so you can be seated and taken to your lane.

Meets will generally take about 4 to 5 hours depending on the size of the teams that are competing. I will have a tentative timeline that I will send out on Friday before the meet so people can have an idea of what to expect.

This first meet will start a bit later than usual due to team pictures but I expect lifetime to be small which should allow us to get through the meet quickly and end between 1 and 1:30.