

Dry Diggins Digest

Issue 6
June 9, 2019

Meet Recap

Congratulations on winning the first meet of the season against Cordova. They are a big fast team and you all did a great job swimming on Saturday. We won the meet 1,577.5 to 1,321.5 which was mainly due to our great depth on relays and individual events. We had 128 swimmers get at least one best time and a best time percentage of over 50% which is amazing. Thank you all for an amazing meet that finished over an hour ahead of the timeline. Our next meet is at Lifetime Folsom on June 15th.

Coaches Corner

By Alan Rosenfeld

I am impressed every year with how amazing the dolphins are at racing at meets. It is always a lot of fun for me to watch everyone succeed and see the smiles on kids faces when they get a best time. As a reminder please make sure to double check relays especially for the medley relays as those can change and there isn't much time before those races are swum. We only got 20 DQ's total in the meet and coaches will be putting them in your files this week. Please come and talk to a coach about what happened so you can learn from the mistake and fix it for next week. A DQ is a learning experience and are useful tools in the steps to get better each and every week.

Lifetime Meet Notes

I will be submitting our entries to Cordova on Wednesday morning. As it is an away meet I cannot add swimmers after I submit our entries. Please double check that you have committed to the meet if you are attending. We still have 40 swimmers that are undeclared that will not be in the meet if you don't contact me before Tuesday evening.

I will be sending out more information about the logistics of the lifetime tri-meet later in the week.

Birthdays of Note

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

Asha Dickson
Gavin Gabbard
Isabella Lanni
Penelope Sowa
Jacob White
Emma Frazer
Emma Triplett
Betsy Yost

Lessons

The Dry Diggins Dolphins are offering private lessons for anyone that wants a bit of extra individual work. These lessons can be used for young children just learning how to swim or swim team members looking for an extra leg up. If interested please email ddswimlessons@gmail.com

Quotes of the Week

"Spiders, mushrooms, and frogs are things I don't touch."- (7-8 girl)

"Curse you wall!" (9-10 after bumping his head in backstroke)

"Are these googles or demons?" (11-12 girl)

Board Bulletin

Whistle Stop Yogurt is continuing their sponsorship of DDD by giving out yogurt coupons to kids that get at least one best time during the dual meet season. These slips will be in your boxes on Monday or Tuesday.

Our annual swim-a-thon is on June 19th from 4-8 at Union Mine. We are also coupling this event with the boat regatta and the rules for participation are on the third page of the digest. Expect more information about the swim-a-thon coming in the next couple of days.

Our next home meet is on July 13th against Orangevale. Senior recognition, Junior Dolphin swims, and parent vs coaches relays will occur on that date.

Swimmers of the Week

6-11-18

6 and Under
Vanessa Terrell
Riggin Grudin

7-8
Regan Harrington
Oliver Mingle

9-10
Bailey Bowers
Jack Warner

11-12
Abby Rickey
Cruz Lopez

13-14
Abby Cleveland
Sawyer Freer

15-18
Tera Nicita
Patrick Farrell



Boat Regatta Rules and Regulations

1. **BOATS MUST BE MADE OF CARDBOARD ONLY!** There are only two participants allowed per boat. This can be a team of one parent and one child, two siblings, or any combination of two from our dolphin team family, you choose. The boat may be sealed with tape, caulk, or glue.
2. Wax coated cardboard and concrete column tubing is not allowed.
3. Boats may not contain any floating device. (No rubber rafts, inner tubes, balloons, etc.)
4. If the boat has a cockpit, it must be big enough to escape from if the boat capsizes.
5. The boats dimensions must be no larger than 8ft. x 4ft. x 4ft.
6. The boat must have sides (no rafts) and both contestants have to fit inside.
7. No latex paints allowed as they will leak into the pool.
8. Boat paddles may be provided.
9. No one may interfere with the progress of any contestant.