

Dry Diggins Digest

Issue 6
June 13, 2021

Meet Recap

Congratulations on winning another meet. This week we swam against Arden Manor and won 1,824 to 433. The next few weeks will have slightly harder competition, but I am very happy with how well everyone is swimming so far this year. Our DQ numbers dropped this week and we also had 40% of all swims go for best times.

Coaches Corner

By Alan Rosenfeld

Thank you all for helping run another highly successful and efficient meet. All the athletes did a great job getting to the ready bench on time and we were able to run the meet smoothly. The next few weeks will be focused on fixing the DQ's that we got this week and then building up speed as we will begin to transition into our last two meets of the season. The next two weekends we will not have meets so I hope everyone is able to enjoy the summer and a few weekends without a swim meet on Saturday. I will open up sign ups for the last two meets this upcoming week so if you are planning on attending, please commit your swimmers to the meet.

Birthdays of Note

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

Abigail Beasley

Emma Triplett

Mateo Van Thull

Shannon Heibel

Swim-A-Thon

The Swim-A-Thon will be held on June 23rd during practice this year. Each age group will have an opportunity to swim laps to help fundraise for the team this year. We

will have prizes for the most laps swum and other fun things on that day. You should have received an email about this as well as a picked up a packet at the pool. If you still need a packet talk to the coaches at practice this week and we will give you one.

Quote of the Week

7-8 swimmer exchange with Coach Emily at the meet.

"I need to tell you something."-7-8

"What?"-Coach Emily

"This kid in my lane...I know him." 7-8

"From where?"- Coach Emily

"Practice!"-7-8

Board Bulletin

Many 10 and under swimmers did not pick up ribbons from the Rio Linda meet yesterday. As a reminder all athletes get ribbons if they swam a race without getting a DQ.

Team pictures will be on June 25th during practice. More information will be coming soon.

Team wear can be ordered by going to this link <http://gold-rush-aquatics-inc.square.site> or by following the link on the website by clicking on the team wear tab located in the dropdown menu under 2021 season.

Also a massive thank you to all the volunteers who helped the meet run smoothly. Amy Pooley our volunteer coordinator has done a great job and if you ever have any questions please email her at

volunteercoordinator@drydigginsdolphins.com

Water Polo Clinic Opportunity

I have attached a clinic flyer for a water polo clinic being offered over the summer. You can register by following [this link](#) or by emailing Adam Donovan addonovan@hotmail.com if you would like more information.

