

Practice Time and Location Updates

Monday June 17th-Morning practice will be at El Dorado High School from 8-12. Union Mine is balancing pool chemicals on Monday and we will not be able to get into the pool. We will return to Union Mine on Tuesday Morning.

Afternoon practice for 13 and ups has been moved up to combine with 11-12's. Afternoon Practice for 13 and up will now be from 5:45-6:45.

Wednesday Afternoon Practice has been cancelled due to the Swim-a-Thon at Union Mine. Junior Dolphins will still occur as normally scheduled at El Dorado.

Meet Recap

Congratulation for winning the meet this weekend against the Wreckers and Sugar Bears by a score of 1,013.5 to 748.5 to 231 respectively. Woodland has some very fast swimmers so our depth was really on display with some great showings from relays as well as some great individual swims. We had over 50% best times overall and 84% of the swimmers that attended got at least one best time. Our DQ numbers did go up this week, and if you got a DQ you will see a slip in your file this week. Please come to me and I will be happy to explain how it can be fixed.

I want to make a major shout out to all of the Dolphin volunteers Karen Bishop, Brett Krieger, Sean McKenna, Keeley Carroll, and Heather Freer for helping to train and run the meet as it was lifetime's first opportunity. Without your help the meet would not have run anywhere near as smoothly.

Coaches Corner

By Alan Rosenfeld

I would like to wish everyone a happy father's day. I hope that it is filled with family, friends and fun.

With 2 meets down in our 5-team dual meet schedule now is a great time to start thinking about goals for the end of the season. I know that Champs seems like a long way off but the habits established now will make a big difference in how successful you are at the end of the season.

Meet of Champions is a qualifying meet on August 3rd and 4th in Roseville. You can qualify for this meet by getting a top 10 finish at Championships on July 27th or getting a MOC qualifying time. The qualifying times will be attached to the digest email this week and if you have any questions about qualifying or the meet itself please let me know.

Board Bulletin

2 new jobs have been posted for set up for the swim-a-thon on Wednesday June 19th at Union Mine. Sign up spots are still available on the website.

Swim-A-Thon and the Boat Regatta will both be occurring on Wednesday June 19th from 4-8 pm at Union Mine. Please sign up on the website so we have a rough count of how many swimmers to expect at this fun event. Rules for the boat regatta can be found in last weeks digest.

I know it is still over a month away but if families can start committing or declining going to champs that would be very helpful for us in terms of figuring out volunteer requirements.

Birthdays of Note

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

Mateo Van Thull

Shannon Heibel

Clara Walker

Swimmers of the Week

6-10-19

6 an Under

Daisy Billingsley

Caleb Falkenstein

7-8

Paisleigh Watson

Isaac Lathrop

9-10

Madelyn Rickey

Zac Gunn

11-12

Alexis Kendler

Mason Schneider

13-14

Hannah Elzinga

Chris Bishop

15-18

Grace Salvestrin

James Bath

