

# Dry Diggins Digest

Issue 8  
June 23, 2019

## Meet Recap

Congratulations on winning the meet against Arden Manor. Although the meet result was never in doubt winning by over 1,200 points is still a great achievement. We had a few less DQ's this week than last week and they will be in files come Monday so please talk to coaches about how to fix the mistakes so we continue our goal of not having any DQ's. Thank you very much to all the volunteers for helping the meet run as smoothly as it did.

## Coaches Corner

By Alan Rosenfeld

Every year I am always impressed with how well everyone is able to swim week after week. I am impressed with how hard everyone is working at practice and the effort displayed. It is always hard to swim your best when you don't have a lot of competition and since Arden Manor has such a small team sometimes it is hard to get motivated to swim fast when you are swimming only against yourself or your teammates. Always remember that swimming is an individual sport and self-improvement is always the goal. We still had over 40% best times which considering the competition level and the point of the season is still very good.

The Meet at Auburn next week should be more competitive and I expect to see some great racing.

## Birthdays of Note

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

Clara Walker

Liam Mellberg

## Quotes of the Week

"The best thing about being sick is your mom and dad bringing you breakfast in bed." 7-8

"Where are you going to high school?" "I am not going to high school. I am going to college."-7-8

"You look like an angry bird." 9-10 -to a teammate referencing her braids underneath her cap

## 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.

We are looking for the perfect design to our 2019 Champs shirt. Swimmers are encouraged to submit a design that the coaches will review and select this year's design. Detailed information has been put in your family folders. The entries are due by Friday.

The Swim-A-Thon and Boat Regatta were and amazing success. Thank you everyone that participated in this fun event with a special thank you to everyone that helped clean up afterwards. If you need more postcards to thank donors, they will be in the file folders this week. The 9-10 age groups had the most participation and will get the reward this week at practice.

As a reminder Senior recognition, Junior Dolphin swim and parent versus coaches' relays will be at the conclusion of the Orangevale meet on July 13<sup>th</sup>.

## Swim-A-Thon Lap Leaders

6 and Under  
Venessa Terrell-96 laps  
Blake Fullard-58 laps

7-8  
London Romney-126 laps  
Calder Slimmer- 150 laps

9-10  
Maya Musgrove- 330 laps  
Ethan Schneider- 200 laps

11-12  
Heidi Schneider and Hannah Musgrove-  
340 laps  
Cruz Lopez- 294 laps

13 and up  
Skyler Velasquez and Emily Foletta-  
150 laps  
Truit Thayer- 380 laps

**The boy and girl that swam the most laps in their age group are eligible for coach for a day. Please submit your workouts for approval from coach Alan this week.**

## Swimmers of the Week 6-17-19

6 and Under  
Trinity Hamby  
Gavin Gabbard

7-8  
Lacy Rebolcaba  
Calder Slimmer

9-10  
Mikayla Chandler  
Lucas Dorrough

11-12  
Emily Phillips Widroe  
Liam Mellberg

13-14  
Emily Foletta  
Ryder Dittmann

15-18  
Emily Marsolais  
Carson Pesce