

Dry Diggins Digest

Issue 8
June 27, 2021

Coaches Corner

By Alan Rosenfeld

Thank you all for sticking through this strange year. We only have 3 more weeks of practice and two meets to go before the season ends. I am impressed every day with everyone's attitude and effort and I fully expect lots of improvement when we have our next set of meets on July 10th and 17th. July 4th week will be modified slightly due to the holiday and we will only have practice on Monday-Thursday this week and start practice again on Tuesday July 6th. I hope everyone has a safe, happy and fun Fourth of July.

Birthdays of Note

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

Eve Harm

Derek Bennett

Ajay Fausel

Axel Veerkamp

London Romney

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. If you have gotten a best time and coach Alan hasn't give you your pink coupon please let him know at practice and he will give it to you.

The Swim-A-Thon was an amazing success. Thank you all for participating and we had a lot of kids impress with the sheer number of laps they swam. As a reminder if you swam the most laps in your age group you get to be coach for a day. The highest lap totals and who swam them are listed at the end of the digest and if you won please let coach Alan know when and what you want to do for your coach for a day.

Swim-A-Thon Lap Leaders

6 and Under-	30 minutes
Avery Veerkamp	37 Laps
Emmett Guth	42 Laps
7-8	30 minutes
Finley Swarbrick	53 Laps
Blake Fullard	47 Laps
9-10	45 Minutes
Regan Harrington	77 Laps
Calder Slimmer	77 Laps
11-12	60 Minutes
Maya Musgrove	112 Laps
Dennis Warden and Emmett Fanning	100 Laps
13 and up	75 Minutes
Hannah Elzinga	151 Laps
Eve Harm	146 Laps
Chris Bishop	178 Laps
Joseph Lamm	126 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 or the beginning of next week.