

Meet Recap

Congratulations on another great meet against Auburn. They are a smaller team again this year but winning by over 1,100 points is always a great achievement. We had over 200 best times achieved during the meet and there were some great swims throughout. Thank you all for being patient with the technical issues at the beginning of the meet. With our next meet being at home against Orangevale on July 13th we will have a bit more control of meet operations. I have updated the meet results on the website so if you still see any issues please let me know so I can correct them.

Coaches Corner

By Alan Rosenfeld

We only have 2 days of practice this week before a three day 4th of July break. I hope everyone has a happy and safe Fourth of July and comes back ready to go for the most competitive meet of the season against Orangevale. They are the only team in the league that is bigger than we are so it should be a fun and competitive meet on Saturday. Please make sure you sign up for the meet by July 5th if you haven't registered already. We have about 50 swimmers still undeclared for the meet and it would be great if I could start seeding it next weekend and have what everyone is swimming out by the Monday we get back.

Birthdays of Note

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

Hollyn Krieger

Linden Krieger

Mikayla Chandler

Axel Veerkamp

London Romney

Paisley Scott

Practice Schedule

We only have practice on Monday and Tuesday of this week. As a reminder afternoon practice for the 13 and up age group has been combined with 11-12's for the remainder of the season. That practice time is from 5:45-6:45.

Board Bulletin

Please make sure to check your swimmer files daily. This is the place where we can communicate information along with ribbons from the meets and notes or other things from your swim buddy.

Senior Recognition and the Junior Dolphin Race will be held at the beginning of the Orangevale meet on July 13th. If you have any questions please don't hesitate to ask Coach Alan

The annual Parent Vs. Coaches relay will also occur at the conclusion of the Orangevale meet. If you are interested in participating start putting together your parent teams to challenge the coaches in a 200 Freestyle relay. More information will be sent out next week.

Swimmer of the Week

6-24-19

6 and Under

Riley Harrington

Max Smith

7-8

Emma Triplett

Abram Guth

9-10

Abigail Infante

Ethan Schneider

11-12

Alice Ripley

Lincoln Garel

13-14

Audrey Schneider

Seamus Carroll

15-18

Jaida Heuer

