

Dry Diggins Digest

Issue 6
June 11, 2017

Meet Recap

Congratulations for winning the meet against Orangevale. They were a much larger team than Orangevale but we still prevailed 1572-1210. Last year we only won by 33 points so winning by 362 points is a great achievement. 124 swimmers got best times making it a very successful meet.

Coaches Corner

By Alan Rosenfeld

Everyone did a great job on the meet this weekend. Orangevale is certainly a much bigger test than Lifetime and all of you stepped up and swam great. The meet this weekend is against Cordova and with it being the week of the county fair, it will take a full team effort to win again this week.

Remember that drop in is from 11:00-11:30 on Tuesdays and Thursdays. That is a fantastic time for swimmers to work on cleaning up dives, turns, or technique for a particular stroke.

Meet signups for the Cordova meet have closed. If you are still planning on attending the meet this weekend please let me know via email or in person by Monday evening.

Quotes of the Week

Coach Megan: "Do you guys know what happens if we touch on our tummy in a backstroke race?"

Mikayala Chandler "We get DQ-ded!"

Calder Slimmer (6)-"Wow this is warm *after getting into the water* Oh wait nevermind! On second thought this is cold, no thank you."

11-12's *getting into the pool when it is raining*
Lars (12) "Is it cold?" Owen (12) "Uh it's like room temperature, and room temperature is pretty cold right now so I don't know what to tell you."

Birthdays of Note

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

Penelope Sowa

Jacob White

Abigail Beasley

Emma Frazer

Emma Triplett

Besty Yost

Brook Reinhart

Mateo Van Thull

Board Bulletin

We are looking for the perfect design to our 2017 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 family folders.

Team pictures will be taken at the meet this weekend June 17th. There will be an email coming out with more information later this week.

This weekend at the conclusion of the meet we will be having our annual boat regatta and the third running of dolphin parents vs coaches relays. The boat regatta rules are on the third page of the digest and the parent relay can be found on deck or attached to the digest email.

Lessons

The Dry Diggins Dolphins are offering private lessons for anyone that wants a bit of extra individual work. These lessons can be used for young children just learning how to swim or swim team members looking for an extra leg up. If interested please email dddswimlessons@gmail.com.



Swimmers of the Week

6-05-17

6 and Under
Carly Pratt
Calder Slimmer

7-8
Emma Johnson
Benny Dodge

9-10
Hanna Musgrove
John Cleveland

11-12
Abby Cleveland
Blake Johnson

13-14
Jia Dickson
Trever Parsons

15-18
Hanna Bush

Boat Regatta Rules and Regulations

1. **BOATS MUST BE MADE OF CARDBOARD ONLY!** There are only two participants allowed per boat. This can be a team of one parent and one child, two siblings, or any combination of two from our dolphin team family, you choose. The boat may be sealed with tape, caulk, or glue.
2. Wax coated cardboard and concrete column tubing is not allowed.
3. Boats may not contain any floating device. (No rubber rafts, inner tubes, balloons, etc.)
4. If the boat has a cockpit, it must be big enough to escape from if the boat capsizes.
5. The boats dimensions must be no larger than 8ft. x 4ft. x 4ft.
6. The boat must have sides (no rafts) and both contestants have to fit inside.
7. No latex paints allowed as they will leak into the pool.
8. Boat paddles may be provided.
9. No one may interfere with the progress of any contestant.