

Dry Diggins Digest

Issue 10
July 10, 2022

Meet Recap

Congratulations on a great meet against Woodland on Saturday. Although we did end up losing the meet 1,413-1215 the 88 people who attended swam exceptionally well with many best times and great sportsmanship shown throughout. This upcoming week we will be home against Orangevale so please register for the meet if you have not already done so.

Coach's Corner

By Alan Rosenfeld

For the past two weeks I have gotten multiple complements from both parents and coaches of the opposing teams about how great our sportsmanship has been in terms of shaking hands after races. Those complements are always so great to hear and I just wanted to let everyone know that our attitude about racing and sportsmanship is recognized across the league. Win or lose having an excellent attitude is a great part of what makes summer league great and I want to applaud everyone for showcasing that at each and every meet.

The parent volunteers this year have been amazing and always willing to step up to cover when there is a need. That attitude allows our meets to run smoothly as well as aiding other teams to be successful when they host us at their facilities. We are in the final two weeks of the season, and I always like to reflect on how lucky I am to be coaching Dolphins. This is a very special team, and I don't take it for granted how amazing you all allow my job to be. From the supportive parents to my amazing assistant coaches, to the fantastic athletes from age 4-18 I am so blessed to be able to work with you for a 10th year.

Birthdays of Note

Summer Duffy

Daisy Billingsley

Brooke Phillips

Remaining Schedule

Here is the schedule for the rest of the season

July 16th-Last Home meet of the season vs Orangevale
July 16th-Junior Dolphin Race during Orangevale Meet
July 16th- Senior Recognition during Orangevale Meet
July 16th-Parents vs Coaches Relay during Orangevale Meet
July 18-22nd Spirit Week before Champs
July 21st-Champs Rally (Afternoon at Union Mine)
July 23rd Champs @ Woodland
July 24th= End of Year Awards Ceremony

Assistant Coaches

As the season comes to an end, I would be remiss if I didn't list out all the amazing coaches the have worked with your athletes over the summer. I have been so lucky to have a lot of consistency over the past few years in my coaches but many are coaching their final year this season.

Emily Moore

Nihna Atkins

Logan Dorrough

Claire Baco

Collin Eldridge

Lauren Chandler

Audrey Schneider

Hannah Elizinga