

BLACK HAWK

AREA SWIM TEAM

WEEKLY UPDATE – 7/12/2022

CONGRATS BLST!!!!!! What an INCREDIBLE meet last weekend! HUGE thank you to ALL our officials, volunteers, sponsors, swimmers, and coaches for helping to make the 2022 Summer Sizzler one of the ***BEST EVER!*** We continue to receive positive feedback and we even got some PRESS! Please be sure to pass along our heartfelt gratitude to ALL who came to help!

We are nearing the end of our summer season and practices change slightly as we begin to taper/rest our swimmers heading off to Silvers and State championship meets. **PLEASE NOTE THE PRACTICE CHANGES BELOW!** We will resume BLST practices again in September.

***UPDATED PRACTICE SCHEDULE FOR NEXT WEEK!**

- ***LAST DAY OF PRACTICE IS Wednesday, July 20th***
- ***Elite/Sr/Focus – 6:30-8am Mon/Tues/Wed***
- ***Gold/Silver/Bronze – 8-9am Mon/Tues/Wed***
- ***AG3/AG2/AG1 – 8-9am Mon/Tues/Wed ALL @PEET***
- ***Novice – 8-9am Mon/Wed ALL @Peet***

JULY 15-17th – SILVER/8&U CHAMPS (ALL AGES @COE)

- **COACHING SCHEDULE:**
 - FRI – Melissa
 - SAT AM/8&U/SUN AM – Emily & Grace
 - SAT PM/SUN PM - Erik
- **ON DECK times coming TOMORROW!**
- **ENTRIES ARE ATTACHED – PLEASE REVIEW!**
- **All swimmers competing at Silvers or State will receive (3) 'Champs Team' shirts. They will be required to wear them on specific days of the meet.**

JULY 21-24th – STATE CHAMPS (ALL AGES @UIOWA)

- **ALL COACHES will be on deck throughout the meet**
- **ON DECK times coming NEXT WEEK!**
- **All swimmers competing at Silvers or State will receive (3) 'Champs Team' shirts. They will be required to wear them on specific days of the meet.**
- **ENTRIES ARE ATTACHED – PLEASE REVIEW!**
 - Please note all 12&U relays will be swum in the 12&U sessions (afternoons)

- **RELAY ONLY swimmers NEEDED for 10&U girls/boys, 13-14 boys, and OPEN girls/boys. PLEASE EMAIL MELISSA ASAP IF YOU'D LIKE TO GO TO STATE!**

STATE HOTEL BLOCK: Please use this link to reserve your hotel room for State (July 21-24th) in Iowa City: Black Hawk Area Swim Team July 2022 Graduate IC: <https://www.graduatehotels.com/iowa-city/#/booking/step-1?group=220720BLAC&arrive=07%2F20%2F2022&depart=07%2F24%2F2022>

FIND US ON FACEBOOK: There are TWO different Facebook pages- one PRIVATE (for members ONLY) and one PUBLIC (for marketing). Please look for them under **BLACK HAWK AREA SWIM TEAM**. We try to offer periodic LIVE videos of practices to highlight fun activities, great training sessions, and skills work. Don't miss out on the action in the pool!

MEET PREPARATION: *Please remember, BLST team suits and BLST caps are required for competition. Team suits and other BLST apparel can be ordered online through [Splash Multisport](#) (and black suits are fine if you have not received your team suit yet). Team caps can be purchased from Melissa, Erik, or Emily- latex caps are \$10; silicone caps are \$15.*

Thank you & GO BLST!

-Coach Melissa, Head Coach (Elite/Senior) – mwoltz7@gmail.com 602-799-6944

-Coach Erik (Gold/Silver/Bronze/Focus) – coach.epinter@gmail.com 309-825-0735

-Coach Emily (LEAD AG1/AG2/AG3) – seliga.emily@gmail.com – 641-521-5248

-Coach Grace (LEAD Novice) – grace.bobeldyk@gmail.com – 319-242-1526

***Special THANK YOU to our 'Giveback-to-BLST' parents:** Tom & Andrea Arenholz, Beth & Mike Bobeldyk, Danielle & Erik Bonzer, Adam & Theresa Butler (Dethlefs), Jamie & Wayne Castle, Andrew & Marj Easter, Laura & Kyle Engelhardt, Sandra & Kevin Flikkema, Tricia & Daren Frericks, Heather & Mason Fromm, Carey & Robert Fry, Ginger & Jeremy L'Heureux, Erin & Dan McGrane, Traci & Mike Mallaro, Don & Lorelei Redfern, Lindsay & Adam Varney, Laura & Ryan Wilson, Jacob & Sunshine Lin (Yang), Dave & Stacy Mason, Ryan & Heidi Dohlman. **Please contact Traci Mallaro @ mallarot@hotmail.com if you want to join!**

***Special THANK YOU to our John Deere 'Power for Good Parents':** Robert Fry, Sonya Wenzel, Jeremy L'Heureux, Tom Arenholz, Andrew Easter, Allison Plunkett, Jian Lin, & Patrick Schweigel