

Duck



Tales

Important Dates

Wednesday, June 18th

Saturday, June 21st

Monday, June 23rd

Spirit Night @ Manassas Cinemas 7:00

Meet away @ Lake Manassas

First morning practices begin at 7:30 a.m.

Evening Practices shift to 7:15 and 8:15 p.m.

Backstroke Clinic begins after morning practice 8:30 a.m.

Wednesday, June 25th

Friday, June 27th

Saturday, June 28th

Fri. & Sat. July 4th-5th

Spirit Night at Chick-fil-A

Set-up for home meet

Last home meet against Veterans Park

4th of July Holiday--No practice and no meet

Results from Urbana Meet

Congratulations on our first win of the season. The final score was Urbana 1871, Ben Lomond 2619. We had many winners this week. We had five triple winners (Pulak Deshpande, Emma Knick, Catherine Purnell, Ariadna Sanchez, & Evan Thies), six double winners (Nihar Bhat, George Herrera, Palmer Marsh, Steven Moyer, Neeraj Suresh Pandi, & Sydney Vazquez), and eight single winners (Autumn Atkins, Christian Herrera, Kiare McCorn, Jackelyn Mollo, LJ Nadal, Nathalie Rojas, Spencer Scott, & Ryan Thies). We also had 81 swimmers set personal best times in 138 splashes. Congratulations to everyone on a speedy and successful meet.

First Away Meet at Lake Manassas

This weekend we swim against **Lake Manassas Blue Dolphins**. The pool opens at 6 a.m. and warm-ups start soon after. The meet will begin promptly at 7 am. Warm-ups are an important preparation for the meet; please arrive on time and be ready to hit the pool. Swimmers not participating in warm-ups may be scratched from relays.

Directions to the Lake Manassas Pool: From Interstate 66 West, take exit 43B for US Rte. 29 S. Keep left at the fork and merge into the left lane following signs for US for Lee Highway/ Gainesville/Warrenton US 29. Go 1.9 miles to Baltusrol Blvd and turn left at the light. Go 0.4 miles to the guard gate. After being cleared at the gate proceed through and take a right onto Turtle Point Drive. Pool is 200ft. on the right. There is a small parking lot at the pool that fills up early. Please be careful not to park in restricted areas.

If you would like to convoy to the pool, you can meet at 5:30 a.m. in the K-Mart parking lot. Cars will leave promptly at 5:45.

Alumni Meet

Our last home meet against Veteran's Park will also be a Homecoming meet for alumni. We will be celebrating 40 years as a swim team and will welcome all former ducks to the pool. The festivities will include an alumni relay, a special theme, a VIP cheering section, and more. Please reach out to all former ducks and encourage them to come to the pool and reminisce!

Volunteering

Thanks for volunteering to help each meet run smoothly. Remember that many volunteers are needed at away meets too, so please sign up for jobs this weekend. Also remember that volunteering as a timer or recorder gives you the best view of each race. Please remember that **only** volunteers, coaches and competing swimmers are allowed on deck!

Stroke Clinics

Stroke clinics start next week! Sign up soon as spaces are limited to 35 participants per clinic. Prices are \$65 for all four clinics, \$50 for three clinics, and \$20 for each individual stroke clinic and \$15 for the start and turn clinic. Summer stroke clinics will begin on June 23rd with a backstroke clinic. There will be an extra clinic this year to work on starts and turns, and this clinic will run the week of June 30th. Breaststroke will follow beginning July 7th and we will finish with a butterfly clinic beginning on July 14th. Each clinic will meet on four mornings, Monday, Tuesday, Thursday, and Friday except for the start and turn clinic, which will meet on Monday, Tuesday and Thursday of that week. You can sign up for stroke clinics at any evening practice.

Spirit Nights

It's here! Our spirit night at the movie theater is this week. On June 18th at Manassas Cinemas, located at 8890 Mathis

Avenue, we will be meeting to see *How to Train Your Dragon 2* at 7 p.m. Tickets are \$5.00 each for all ages. A kid's pack, which includes popcorn, candy and a drink, is only \$5.00 if ordered in advance. Tickets can be purchased at practice from Brenda Young. Come join the fun, and then add next week's spirit night to your your calendars. We will have a spirit night at the Chick-fil-A at 10677 Sudley Manor Drive, on Wednesday, June 25th from 4:00-8:00 p.m. Be sure to let the cashier know that you are with Ben Lomond Swim team and help us earn some money!

Ducks of the Week

Each week in this section of the newsletter we recognize swimmers and volunteers who have done outstanding jobs during the week.

Congratulations to the following people, who have earned Duck of the Week status for Week 2!

Group 1: Fher Badillo

Group 2: Adam Rowe

Group 3: Arya Sapra

Group 4: Jacob Larson

Group 5: Nathan Moya

Group 6: Jason Thies

Volunteer of the Week: Suzanne Marsh

Duck



Tales

Fechas importantes

Miercoles, 18 de junio

Sabado 21 de junio

Lunes, 23 de junio

Miercoles 25 de junio

Viernes 27 de junio

Sabado 28 de junio

Viernes y sabado 4-5de Julio

Noche especial en Manassas Cinemas 7:00

Competencia visitante en Lake Manassas

Primera practica de la mañana comienzan a las 7:30 a.m.

Practicas de la tarde cambian a las 7:15 y 8:15 p.m.

La clinica de Espalda comienza despues de la practica de la mañana a las 8:30 a.m.

Noche especial en Chick-fil-A

Preparacion para la competencia local

Ultima competencia local contra Veterans Park

Feriado del 4 de Julio no practica o competencia

Resultados de la competencia contra Urbana

Felicitaciones en nuestro primer triunfo de la temporada. El resultado final fue: Urbana 1871, Ben Lomond 2619.

Tuvimos muchos ganadores esta semana. Tuvimos 5 ganadores triples (Pulak Deshpande, Emma Knick, Catherine Purnell, Ariadna Sanchez, & Evan Thies), 6 ganadores dobles (Nihar Bhat, George Herrera, Palmer Marsh, Steven Moyer, Neeraj Suresh Pandi, & Sydney Vazquez), y 8 ganadores de un evento (Autumn Atkins, Christian Herrera, Kiare McCorn, Jackelyn Mollo, LJ Nadal, Nathalie Rojas, Spencer Scott, & Ryan Thies). Tambien tuvimos 81 nadadores que consiguieron sus mejores tiempos personales en 138 splashes. Felicitaciones a todos por una rapida y exitosa competencia.

Primera competencia visitante en Lake Manassas

Este fin de semana nadamos contra **Lake Manassas Blue Dolphins**. La piscina abre a las 6 a.m. y el calentamiento comienza enseguida. La competencia comienza a las 7 am. El calentamiento es importante para prepararnos para la competencia, por favor llegar a tiempo y listo para entrar a la piscine. Los nadadores que no participen en el calentamiento podrian ser eliminados de los relays.

Direcciones a la piscina de Lake Manassas: De la interestatal 66 West, salir en el exit 43B para la US Rte. 29 S. mantener el lado izquierdo y seguir los signos para Lee Highway/ Gainesville/Warrenton US 29. Seguir 1.9 millas hacia Baltusrol Blvd y girar a la izquierda en la luz. Continuar 0.4 miles hasta la puerta de entrada. Despues de que autoricen su entrada en la uerta continuar y hacer una derecha en Turtle Point Drive. La piscina esta a 200 pies en el lado derecho. Hay un pequeño estacionamiento cerca de la piscine que se llena temprano. Asegurese de no estacionar en areas restringidas.

Si quiere ir en caravana hacia la piscina, nos encontraremos a las 5:30 a.m. en el estacionamiento de K-Mart. Los autos saldran a las 5:45.

Competencia de ex-nadadores

Nuestra ultima competencia local contra Veteran's Park tambien servira para encontrarnos con ex-nadadores. Estaremos celebrando los 40 años de nuestro equipo dando la bienvenida a todos los ex-nadadores de nuestro equipo. Entre las actividades tendremos competencias con los ex-nadadores, habra un tema para la competencia, y mas. Por favor contacte a todos los ex-nadadores que pueda e invitelos a formar parte de este evento.

Voluntarios

Gracias a nuestros voluntarios por sua yuda en las competencias. No olvide que tambine se necesitan voluntarios par alas competencias de visitants, por favor no olvide registrarse para ayudar este fin de semana. Recuerde que si se anota para timer o recorder, tiene un excelente lugar para ver las competencias. Recuerde que solo, nadadores, entrenadores y voluntarios estan permitidos en deck!

Clinicas de estilo

Las clinicas de estilo comienzan la proxima semana. Anotese temprano por que los espacios son limitados para 35 nadadores por clinica. Los precios son \$65 por las 4 clinicas, \$50 por 3 clinicas, y \$20 for cada clinica individual. La clinica de inicios y giros cuesta \$15 porque solo son 3 dias. Las clinicas comienzan el 23 de junio con Espalda. La clinica de inicios y giros la semand del 30 de junio, la de Pecho el 7 de Julio y la de Mariposa el 14 de Julio, Las clinicas seran 4

días a la semana: lunes, martes, jueves y viernes, excepto la de inicios y giros que sera solo lunes martes y jueves. Puede registrarse par alas clinicas en las practicas de la noche.

Noches especiales

Nuestra noche especial de esta semana es en el cine!!! El 18 de junio en Manassas Cinemas, localizado en 8890 Mathis Avenue, nos veremos a las 7 pm para ver *How to Train Your Dragon 2*. Las entradas cuestan \$5.00 por persona. Hay un paquete q incluye palomitas, soda y un caramelo por \$5 si se lo compra por anticipado. Las entradas se las puede comprar durante las practicas buscar a Brenda Young. Ven a divertirte con nosotros. Y la proxima semana ven a Chick-fil-A en la 10677 Sudley Manor Drive, el miercoles 25 de junio de 4:00-8:00 p.m. No olvides decirle al cajero que eres parte de Ben Lomond Swim team para que nos den una porcion de las ganancias!!!

Patos de la semana

Cada semana reconocemos a nadadores y voluntarios que hicieron algo destacable durante la semana. Felicidades a las siguientes personas que consiguieron el Honor de ser patos de la semana de la segunda semana de premiacion.

Grupo 1: Fher Badillo

Grupo 2: Adam Rowe

Grupo 3: Arya Sapra

Grupo 4: Jacob Larson

Grupo 5: Nathan Moya

Grupo 6: Jason Thies

Voluntario de la semana: Suzanne Marsh