

Duck



Tales

Important Dates

<u>Mon., June 30</u>	Start and Turn Clinic begins after morning practice 8:30 a.m.
<u>Fri. & Sat. July 4th-5th</u>	4 th of July Holiday--No practice and no meet
<u>Mon., July 7th</u>	Breaststroke Clinic begins after morning practice at 8:30 a.m.
<u>Sat., July 12th</u>	Away meet at Southbridge
<u>Wed., July 16th</u>	Spirit Night at Bowl America
<u>Sat., July 19th</u>	Away meet @ Old Bridge

Results From Veterans Park Meet

Against a well-matched team, the Ducks were able to swim to victory! The final score was Veterans Park 2146.5, Ben Lomond 2641.5. This week we had four triple winners (Nihar Bhat, Pulak Deshpande, Catherine Purnell, & Natalie Purnell), five double winners (George Herrera, Emma Knick & Steven Moyer, Neeraj Suresh Pandi, Evan Thies), and ten single winners (Yadir Argueta, Vedant Bhaiya, Mary Blodgett, Troy Brown, Andrew Franklin, Jackelyn Mollo, LJ Nadal, Jonathan Peters, Ariadna Sanchez & Sydney Vazquez). We also had many personal best times this weekend. Of the 113 swimmers attending the meet, 95 swimmers set personal best times in 162 events. Congratulations to all swimmers for an overall win and a lot of improvement this week!

Clinic Spots Available

It's not too late to sign up for a clinic. Improve your strokes and drop some more time! The Start and Turn Clinic begins this Monday, June 30th. Breaststroke Clinic will follow beginning July 7th and Butterfly Clinic begins 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 this holiday week. You can sign up for stroke clinics at any evening practice.

Sprit Nights

Our next spirit night will be Wednesday, July 16th for Cosmic Bowling at the Bowl America at 10641 Balls Ford Rd. It's all you can bowl, from 9pm to 12am for only \$10. Shoe rental is included in the price. For those of you who have never experienced Cosmic Bowling, Bowl America describes it like this: "The lights go out. The pins light up. The music blasts. Lasers beam around the room. It's Cosmic Bowling, the most novel way to have fun in the entertainment galaxy!" Come join us and check it out! You can purchase tickets in advance from Brenda Young.

July 4th Holiday

There will be no practice or stroke clinic on Friday, July 4th, and there is no meet on Saturday, July 5th. Have a safe, fun, and relaxing holiday weekend!

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 are our Week 5 Ducks of the Week!

Group 1: Oneil Lamm & Grace McVey
Group 2: Nicole Jimenez
Group 3: Jackelyn Mollo
Group 4: Dominic Pinnisi
Group 5: Maddi Marsh
Group 6: Mary Blodgett
Volunteer of the Week: Mary Clem

Duck



Tales

Fechas importantes

<u>Lunes 30 de junio</u>	Clinica de Comienzos y giros empieza a las 8:30 a.m.
<u>Viernes y sabado 4 y 5 de julio</u>	Feriado del 4 de Julio, no practica o competencia
<u>Lunes 7 de julio</u>	Clinica de pecho comienza despues de la practica de la mañana a las 8:30 a.m.
<u>Sabado 12 de Julio</u>	Competencia visitante en Southbridge
<u>Miercoles 16 de julio</u>	Noche especial en Bowl America
<u>Sabdo 19 de julio</u>	Competencia visitante en Old Bridge

Resultados de la competencia local contra Veterans Park

Logramos conseguir una Victoria mas contra un equipo que tenia tambien Buenos nadadores. El resultado final fue Veterans Park 2146.5, Ben Lomond 2641.5. Esta semana tuvimos 4 ganadores triples (Nihar Bhat, Pulak Deshpande, Catherine Purnell, & Natalie Purnell), 5 ganadores dobles (George Herrera, Emma Knick & Steven Moyer, Neeraj Suresh Pandi, Evan Thies), y 10 ganadores de un evento (Yadir Argueta, Vedant Bhaiya, Mary Blodgett, Troy Brown, Andrew Franklin, Jackelyn Mollo, LJ Nadal, Jonathan Peters, Ari Sanchez, & Sydney Vazquez). De 113 nadadores que participaron en la competencia, 95 consiguieron su mayor tiempo personal en al menos 1 evento en un total de 162 eventos. Felicidades atodos por las mejoras!

Lugares disponibles para las clinicas

No es muy tarde aun para registrarse en las clinicas de estilo. Perfeccione su estilo y reduzca su tiempo aun mas! La clinica de comienzos y giros empieza el 30 de junio. La clinica de pecho comienza el 7 de Julio y la clinica de mariposa empieza el 14 de julio. Las clinicas son 4 dias a la semana: lunes, martes, jueves y viernes , excepto la de comienzos y giros que es lunes, martes y jueves por el feriado. Puede registrarse durante las practicas de la noche.

Noches especiales

Nuestra siguiente noche especial es el 16 de Julio haremos Cosmic Bowling en el Bowl America localizado en 10641 Balls Ford Rd. EL precio es \$ 10 por todo lo que pueda jugar de 9pm a 12 am, la renta de zapatos esta incluida en el precio. Sera una noche divertida e inolvidable. Venga a divertirse con nosotros. Tickets a la venta por adelantado, busque a Brenda Young.

Feriado del 4 de julio

No Habra practica o clinica de estilo el viernes y sabado 4 y 5 de Julio por el feriado. Esperamos que tenga un fin de semana relajado y divertido.

Patos de la semana

Cada semana reconocemos a los nadadores y voluntarios que han hecho un excelente trabajo durante la semana

Felicidades a las siguientes personas que consiguieron el honor de ser los patos de la semana de la 5ta semana de la temporada!

Grupo 1: Oneil Lamm & Grace McVey
Grupo 2: Nicole Jimenez
Grupo 3: Jackelyn Mollo
Grupo 4: Dominic Pinnisi
Grupo 5: Maddi Marsh
Grupo 6: Mary Blodgett
Voluntario de la semana: Mary Clem

