

Duck



Tales

Important Dates

Monday, July 14th
Wed., July 16th
Fri., July 18th
Sat., July 19th
Tues., July 22nd
Wed., July 23rd
Friday, July 25th
Sat., July 26th
Sun., July 27th

Butterfly Clinic begins after morning practice at 8:30 a.m.
Spirit Night at Bowl America
Deadline to Opt Swimmers out of Divisionals
Away meet @ Old Bridge
Pie the Coach Night
Poster Night
Team breakfast after morning practice
Divisionals @ Montclair
End of Season Picnic at Splashdown

Results from Southbridge Meet

Congratulations on another win this week! The final score was Southbridge 1873, Ben Lomond 2678. This week we had three triple winners (Nihar Bhat, Natalie Purnell, & Evan Thies), four double winners (George Herrera, Emma Knick, Steven Moyer & Neeraj Suresh Pandi), and nine single winners (Mary Blodgett, Troy Brown, Andrew Franklin, Christian Herrera, LJ Nadal, Keyri Rivera, Ariadna Sanchez, Mia Sanchez & Scott Spencer). This weekend we had 92 swimmers set personal best times in 172 events. And finally, BIG congratulations go out to Natalie Purnell who broke BLST records in **all three** of her individual events this weekend: Girls 15-18 I.M. (1:08.94), Breast (35.58) and Fly (31.09). What an accomplishment!

This Week's Meet

Our meet on Saturday is our final regular meet for the season. We will be swimming at Old Bridge against the Breakers. The pool address is 3600 Beaver Pond Rd., Woodbridge, VA 22192. Street parking is available on Catawba Drive and Valleyhill Drive. Please do NOT park on pipe stems or in townhouse areas. Warm ups start at 6:30 a.m., but get there early to make sure you have a good parking space.

Both team's areas are on the tennis courts above the pool. Our area is the portion closest to Beaver Pond Rd. Please pay attention to what events are being swum, and allow extra time to get to clerk of course because you will have to walk around from the tennis court to the pool.

Divisionals—Qualifying and Opting Out

Unlike in our regular season meets, swimmers must qualify to swim at Divisionals. In order to qualify, swimmers must have participated in two meets, and have a legal time in at least 1 event. Swimmers may also only swim in events in which they have legal times. If your swimmer is eligible to swim at Divisionals, but will not be here on July 26th, we need you to opt them out. This MUST be done no later than July 18th, because the coaches will be doing the entries on July 19th right after our meet at Old Bridge. To help with that, we will have a roster at practices in the upper pavilion from now until then to let you opt out your swimmers from Divisionals.

Divisionals Ads

If you have ever been to Divisionals, and bought the heat sheet, you know that there are always special ads in there. These include team ads for the coaches and aging out swimmers, encouragement from families for their swimmers, ads for our existing sponsors, and ads for groups that are not currently sponsors. This year, Ben Lomond is doing the heat sheets. That means that we are responsible for collecting these ads. If you are interested in placing an ad, please contact Tracie Franklin for more information. Prices vary from \$10 for 1/8th of a page, roughly business card size, to \$70 for a full page advertisement.

Clinic Spots Available

There are still three more spaces left for swimmers who want to work on butterfly. Butterfly Clinic begins on July 14th. The clinic will meet on four mornings, Monday, Tuesday, Thursday, and Friday, after morning practice. You can sign up for stroke clinics at any evening practice.

Spirit 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.

The last spirit night of the year will be a poster night on Wednesday, July 23rd. This is an annual event where we make posters to decorate the fences and cheer on teammates at Divisionals. We will also have a special activity this year to commemorate the transition from the old lane lines to the new ones. Come join us at 6:30 at the Franklin's (4609 Starting Post Ct., Gainesville, VA 20155).

End of Season Picnic/Awards Banquet

Each season we have an end-of-season picnic/awards banquet on the Sunday after Divisionals. This year, it will be on July 27th. Set up begins at 1:00, and the picnic itself will start at 3:00. Each family is asked to bring a salad or side dish large enough to feed your family. Additionally, we need families with last names starting with A-K to bring a bag of ice, and families with last names starting with L-Z to soda or water. The team will provide cake, but if you would like to bring a dessert, feel free.

As with everything we do, we need volunteers to help this run smoothly. Please let us know if you want to help with set up, cook crew, overseeing drinks/coolers or clean up. Please also let us know if you can provide either coolers or folding tables.

Donations and Thank You Notes for Coaches

As in the past, we will be collecting notes and donations for tips for the coaches this week. Your child's coach is not coaching because of the huge salary they make. They coach for the love of the sport and the satisfaction of sharing that love and their experience with your children. You can donate a flat amount to be split evenly among all the coaches or you may prefer to do something special for your child's coach only. You can also have your child write a personal note to his or her coach. These notes mean so much to the coaches and they are remembered for a long time after the season ends. Notes and tips will be collected by Marcia Thies, Tracie Franklin and Therese Romagna at evening practices until Divisionals. You can find them under the upper pavilion.

Splashdown Tickets/Duck Derby Entries for Sale

We will have Splashdown to ourselves 7:30 - 9:30 Sunday night after the awards banquet/picnic. Tickets to Splashdown will be available during evening practices, and at the picnic. Registered swimmers from the team get in free, but you will need a ticket for anyone else that wants to get into Splashdown. The price is only \$2 per person, and you are more than welcome to buy tickets for friends and family members. We will also be selling entries for the Duck Derby (\$5/Duck).

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 6 Ducks of the Week!

Group 1: Afton Scoresby

Group 2: Christian Herrera

Group 3: Tatyana Thompson

Group 4: Nicole Torrico

Group 5: Spencer Scott

Group 6: LJ Nadal

Dry Land: Alejandra Herrera

Volunteers of the Week: Bracco and Angela Graham

Duck



Tales

Fechas Importantes

<u>Lunes 14 de julio</u>	Clinica de mariposa comienza despues de la practica de la mañana 8:30 a.m.
<u>Miercoles 16 de Julio</u>	Noche especial en Bowl America
<u>Viernes 18 de julio</u>	Fecha limite para avisar su No-Participacion en Divisionales
<u>Sabado 19 de julio</u>	Competencia visitante en Old Bridge
<u>Martes 22 de julio</u>	Noche de Pastelazo al entrenador
<u>Miercoles 23 de julio</u>	Noche de Posters
<u>Viernes 25 de julio</u>	Desayuno del equipo despues de la practica de la mañana
<u>Sabado 26 de julio</u>	Divisionales enMontclair
<u>Domingo 27 de julio</u>	Banquete de final de temporada en Splashdown

Resultados de la competencia contra Southbridge

Felicidades en otro triunfo! el resultado final fue Southridge 1873, Ben Lomond 2678. Esta semana tuvimos 3 ganadores triples (Nihar Bhat, Natalie Purnell, & Evan Thies), 4 ganadores dobles (George Herrera, Emma Knick, Steven Moyer & Neeraj Suresh Pandi), y 9 ganadores de un evento (Mary Blodgett, Troy Brown, Andrew Franklin, Christian Herrera, LJ Nadal, Keyri Rivera, Ariadna Sanchez, Mia Sanchez & Scott Spencer). Tuvimos 92 nadadores que consiguieron sus mejores tiempos personales en 172 eventos. Muchisimas felicidades a Natalie Purnell que rompio records de BLSTen **sus 3 eventos** individuales: Girls 15-18 I.M. (1:08.94), Breast (35.58) and Fly (31.09). What an accomplishment!

La competencia de esta semana

Nuestra competencia el sabado es la ultima competencia regular de la temporada. Nadaremos en Old Bridge contra the Breakers. La direccion es 3600 Beaver Pond Rd., Woodbridge, VA 22192. Estacionamiento disponible en la calle en Catawba Drive y Valleyhill Drive. Por favor no estacione cerca a bo,bas de agua o a los townhouses. Calentamiento comienza a las 6:30, por favor llegue mas temprano para poder encontrar un buen lugar.

Los dos equipos estraran en las canchas de tennis arriba de la piscina, Nuestra area es la que esta mas cerca a la calle Beaver Pond Rd. Preste atencion a los eventos que se estan realizando porque teine que atravesar las canchas de tennis para llegar a clerk of course.

Divisionales—Calificacion y No participacion

A diferencia de las competencias regulares , los nadadores deben calificar para participar en divisionales.Para calificar los nadadores deben haber participado en 2 competencias y tener por lo menos tiempo legal en un evento. Los nadadores podran solo nadir en los eventos en los que tengan tiempos legales. Si su nadador es elegible pero no estara presente para divisonales el 26 de Julio, necesitamos que avise que no participara a mas tardar el 18 de Julio porque los entrenadores etaran organizando las entradas de las competiencias el 19 de Julio despues de la competencia en Old Bridge. Para ayudarlos Habra una lista en todas las practicas donde los nadadores que no participen pueden firmar desde ahora hasta el 18 de Julio.

Avisos de Divisionales

Si participaste y compraste el programa de divisionales antes. Viste que hay avisos especiales en medio del programa, estos avisos son para alentar a nadadores, saludos a los nadadores, a los entrenadores , y a los nadadores para los que este es su ultimo año de competencia, etc. Tambien hay avisos de los patrocinadores. Este año Ben Lomond es el que esta haciendo los programas, eso quiere decir que estamos vendiendo los espacios publicitarios. Si estas interesado en poner un aviso contacta a Tracie Franklin para mas informacion. Los precios varian entre \$10 por 1/8vo de pagina (tamaño de una tarjeta de negocios) hasta \$ 70 por toda la pagina.

Cupos disponibles para las clinicas

Todavia hay 3 espacios disponibles para las clinicas de mariposa. La clinica comienza el 14 de julio. La clinica es lunes martes jueves y Viernes despues de las practicas de la mañana, puedes registrarte durante las practicas de la noche.

Noches especiales

Nuestra siguiente noche especial es el 16 de julio en Cosmic Bowling en Bowl America localizado en 10641 Balls Ford Rd. El precio es de \$por rtodo lo que puedas jugar de 9pm a 12am incluye la renta de Puedes comprar entradas poradelantado de Brenda Young.

La ultima noche especial de la temporada este ño sera la noche de posters el 23 de julio. Este es un evento anual donde hacemos posters para decorar las rejas el dia de divisionales para alentar a nuestros nadadores. Este año tambien tendremos una actividad para festejar que cambiamos las Viejas lineas de la piscine por nuevas. Ven a compartir con nosotros de 6:30 a 9:30 p.m. en la casa de los Franklin (4609 Starting Post Ct., Gainesville, VA 20155).

Banquete del final de temporada y entrega de premios.

Cada temporada tenemos un banquete de final de temporada y entrega de premios el domingo despues de divisionales. Este aaño sera el 27 de julio. La preparacion empieza a la 1:00 y el picnic comenzara a las 3:00. Se le pide a cada familia que traiga una ensalada o acompañamiento que pueda alimentar a una familia. Ademas necesitamos que las familias de apellidos A-K traigan una bolsa de hielo, y familias de apellido L-Z traigan sodas o agua. El equipo proveeera pastel, pero si quiere traer otro postre es bienvenido.

Como en todas las actividades necesitamos voluntarios para que todo salga bien. Por favor dejemos saber si quiere ayudar, necesiatamos ayuda, preparando el banquete, cocineros, distribuir bebidas, y para limpiar todo despues del banquete. Tambien dejemos saber si puede prestar coolers y mesas portatiles.

Donaciones y Notas de agradecimiento a los entrenadores

Como cada año estaremos recibiendo notas, oy/o donaciones para los entrenadores esta semana. El entrenador de su hijo no entrena por que reciba un sueldo, lo hace por amor al deporte y la satisfaccion de compartir el deporte que ama y sus experiencias con sus hijos. Usted puede donar un monto fijo para dividir entre todos los entrenadores o si prefiere hacer algo especial por el entreandor de su hijo, esta bien . Tambien puede hacer que su hijo escriba una nota personal a su entrenador. Esas notas son realmente especiales, y les hacen sentir muy bien incluso mas alla de que la temporada haya terminado. Las notas y donaciones seran colectadas por Marcia Thies, Tracie Franklin y Therese Romagna durante las practicas de la noche hasta divisionales.

Entradas para Splashdown / entradas para la Carrera de patos a la venta

Tendremos Splashdown para nosotros de 7:30 - 9:30 el domingo despues del banquete y entrega de premios. Las entradas estaran a la venta durante las practicas de la noche, los nadadores registrados entran gratis, pero padres y familiars necesitan entrada, el costo de la entrada es \$2 por persona, invita a familiares y amigos. Tambien estaremos vendiendo numerous para la Carrera de patos Duck Derby (\$5 por pato).

Patos de la semana

Cada semana reconocemos a los nadadores y voluntarios que han hecho un gran trabajo durante la semana. Felicidades a las siguientes personas que consiguieron el honor de ser el pato de la semana de la semana numero 6!

Grupo 1: Afton Scoresby

Grupo 2: Christian Herrera

Grupo 3: Tatyana Thompson

Grupo 4: Nicole Torrico

Grupo 5: Spencer Scott

Grupo 6: L.J. Nadal

Acondicionamiento: Alejandra Herrera

Voluntarios de la semana: Bracco y Angela Graham