

Duck



Tales

Important Dates

Monday, July 6	Breaststroke Clinic
Wednesday, July 8	Spirit Night at Laser Tag Manassas
Friday, July 10	Set-up for Meet 7:15 PM
Saturday, July 11	Meet @ Home Against Bridlewood
Monday, July 13	Butterfly Clinic
Wednesday, July 15	Spirit Night at Rebounderz from 2:00-9:00 PM
Saturday, July 18	Away meet at Lake Manassas
Wednesday, July 22	Spirit Night @ Chic-Fil-A

Home Meet Against Bridlewood

Our last home meet will be this weekend against Bridlewood. This weekend the coaches would like everyone to know that there will be a **Wacky Tacky** theme. Please arrive by 6:00 AM, as warm-ups will promptly at 6:15. Come help set up the pool on Friday night at 7:15 and you can claim your spot! Please remember to listen for your event to be called and to go to the clerk of course on first call. This allows swimmers to be seeded more quickly and keeps the meet moving.

Concessions

Since this weekend is another home meet, please remember to help re-stock our concessions stand one last time. We have enough drinks this week as more hot chocolate was sold than anything else. We do need some candy, specifically Push Pops, Baby Bottle Tops, Mentos and Airhead Extremes, all of which can be found in bulk at BJ's. Donations can be brought in any night during practice, or to Friday night setup. As always, we also need donations of fresh foods, including pasta salad and fruit salad. Fresh items need to be brought to Concessions on Saturday morning, and it helps if you let Kate Larson (our head of concessions) know you are planning to bring them.

Clinic Spots Still Available

Having trouble swimming legal breaststroke or butterfly times? Need to refine those strokes? There are still spaces left in the last two clinics, breaststroke and butterfly. Prices are \$20 for each individual stroke clinic. Breaststroke clinic will begin July 6th and butterfly clinic begins on July 13th. Each clinic will meet on four mornings, Monday, Tuesday, Thursday, and Friday. You can sign up for stroke clinics at any evening practice.

Spirit Nights

We have two fun Spirit Nights planned for the next two weeks. Join us Wednesday, July 8th from 2:00-9:00 PM at Laser Tag Manassas located at 9686 Liberia Avenue in Manassas. Tickets are \$5.00 per person and can be purchased at practice. Next week, on July 15th we will be going to Rebounderz, which is a trampoline park located at 7403 Gateway Ct Manassas VA 20109. Come join us for a hopping good time from 2pm until 9pm. Feel free to bring as many friends as you would like. Bring [this flyer](#) or mention Ben Lomond Swim Team when on site.

End of Season Picnic

Believe it or not we are now less than a month away from our end-of-season picnic and party at Splashdown, which will be held the day after Divisionals, on Sunday, August 2nd. After our picnic and awards ceremony, we will have the water park to ourselves. BLST team members enjoy free entrance to Splashdown on this evening, and parents, siblings and friends can purchase tickets for only \$2.00 a ticket. Tickets for this event are now on sale at evening practices.

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Tales

Fechas Importantes

Lunes, 6 de julio
Miercoles, 8 de julio
Viernes, 10 de julio
Sabado, 11 de julio
Lunes, 13 de julio
Miercoles, 15 de julio
Sabado, 18 de julio
Miercoles, 22 de julio

Clinica de estilo pecho
Noche especial en Laser Tag Manassas
preparacion para la competencia 7:15 PM
Competecia en casa contra Bridlewood
Clinica de estilo mariposa
Noche especial en Rebounderz de 2:00-9:00 PM
Competencia de visitante en Lake Manassas
Noche especial en Chick-Fil-A

Competencia local contra Bridlewood

Nuestra ultima competencia local es este fin de semana contra Bridlewood. Por favor llegar a las 6:00 AM, el calentamiento comienza a las 6:15. Venga para ayudar a preparar la piscina para la competencia del sabado y escoger su lugar! Por favor preste atencion al evento que va a nadir y vaya a clerk of course a la primera llamada. Esto ayuda a acomodar a los nadadores mas rapido y que la competencia no se retrase.

Venta de comida

Es nuestra ultima competencia local y necesitamos provisionarnos. Tebemos suficientes bebidas para este fin de semana ya que la ultima competencia las personas tomaron chocolate caliente. Necesitamos golosinas, especificamente Push Pops, Baby Bottle Tops, Mentos and Airhead Extremes, todos estos se encuentran al por mayor en BJs. Las donaciones pueden sera traidas a las practicas de la noche o el vuiernes en la noche de preparacion. Tambien necesitamos donaciones de comida fresca ensalada de pasta y ensalada de frutas. La comida fresca se la puede traer el sabado por la maniana antes o durante la competencia. Ayudara hacerle saber a Kate Larson (nuestra encargada de venta de comidas) lo que esta planeando traer.

Espacios disponibles en las clinincas de estilo

Ha tenido problema consiguiendo tiempo legal en pecho o mariposa? Necesita mejorar su estilo? Hay espacios disponibles en las dos ultimas clinicas. El precio es \$20 por clinica Estilo pecho comienza el 6 de julio y estilo mariposa el 13 de julio. Las clinicas son los lunes, martes, jueves, y viernes. Puede registrarse durante las practicas de la noche.

Noches especiales

Tenemos 2 noches especiales planeadas. El miercoles 8 de julio de 2 a 9 PM en Laser Tag Manassas localizado en 9686 Liberia Avenue en Manassas. El costo de la entrada es \$5.00 por persona y se puede comprar durante las practicas. El 15 de julio iremos a Rebounderz, un parquet de trampolines localizado en 7403 Gateway Ct Manassas VA 20109. Venga y diviertase saltando de 2 a 9 PM. Trae a amigos y familia. Trae esta propaganda [this flyer](#) o menciona Ben Lomond Swim Team en el lugar.

Banquete del final de temporada

Aunque no lo crea, queda menos de un mes para el banquete del final de temporada en Splashdown, sera el dia despues de divisionales , el 2 de Agosto. Despues del banquete y entrega de premios, tendremos el parquet para nosotros solos. Las personas de equipo entran gratis y los padres , familia y amigos pagan \$2 por entrada. SE pueden comprar las entrada en las practicas de la noche.