

Duck



Tales

Important Dates

Tuesday, July 21	Make-Up Meet @ Lake Manassas 6:00 PM
Wednesday, July 22	Spirit Night @ Chic-Fil-A from 4:00-8:00 PM
Saturday, July 25	Away meet @ Brookside
Tuesday, July 28	Pie the Coach Night
Wednesday, July 29	Poster Night
Friday, July 31	Team breakfast after morning practice
Saturday, August 1	Divisionals @ Veterans Park
Sunday, August 2	End of Year Picnic and Party at Splashdown

Lake Manassas Make-Up Meet

We are planning to finish the Lake Manassas meet this Tuesday July 21st at 6:00 PM at Lake Manassas. Our warm-ups begin at 6:00 and the meet will resume where we left off with Heat 2 of the boys 11-12 IM. We know that some people will unfortunately not be able to make the meet at this time, so please let us know if you cannot make it. If you can help another family by bringing their swimmers please do that! We'd like to give as many people as possible a chance to get legal times and PR's.

Away Meet Against Brookside

This weekend we swim against the Brookside Hurricanes. Brookside's pool is located at 7197 Riley Road, Warrenton VA 20187. Parking is permitted in the pool facility parking lot, along both sides of Brookside Parkway up to Harrow Road, and in the Auburn Middle School Parking lot. **Do not** park on Brookside Parkway past Harrow where you see the pink surveyor stakes. Parking is NOT permitted on any portion of Riley Road. The sheriff often patrols this stretch during swim meets and cars in unauthorized areas will be ticketed and towed. The visiting team area is located within the fenced in multi-purpose courts. These are the first courts to the right of the pool. Warm-ups for the visiting team begin at 6:30. Please be on time for warm-ups or you may be scratched from Medley relays.

Spirit Nights

This Wednesday, July 22, we will be having a Spirit night at Chick-fil-A on Sudley Manner Drive. Come eat between 4 and 8 PM and support the team! Our final Spirit Night of the season will be Poster Night on Wednesday, July 29th at the Franklin's House, located at 4609 Starting Post Ct., Gainesville, VA 20155. This is an annual event where we celebrate the season and make posters to decorate the fences and cheer on teammates at Divisionals.

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 August 1st, we need you to opt them out. This **MUST** be done no later than July 24th, because the coaches will be doing the entries on July 25th right after our meet at Brookside. 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.

End of Season Picnic

Each season we have an end-of-season picnic/awards banquet on the Sunday after Divisionals. This year, it will be on August 2nd. Set up begins at 1:00, and the picnic itself will start at 3:00. We are asking families with last names starting with A-G to bring a bag of ice and a six-pack of soda or water, families with last names starting with H-R to bring a side dish or salad, and families with last names S-Z to bring desserts.

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.

Remember to buy tickets for non-swim team family members and friends. They are only \$2.00 a ticket. Also remember that you can purchase ducks for the Duck Derby to help support the team for \$5.00 a duck. Encourage non-swimming friends, co-workers and family to purchase Ducks too as this is a great way for the team to make some money!

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.

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Fechas Importantes

Martes, 21 de julio	Competencia de remplazo en Lake Manassas 6:00 PM
Miercoles, 22 de julio	Noche especial @ Chick-Fil-A de 4:00-8:00 PM
Sabado, 25 de julio	Competencia visitante en Brookside
Martes, 28 de julio	Noche de pastelazo al entrenador
Miercoles, 29 de julio	Noche de posters
Viernes, 31 de julio	Desayuno del equipo despues de la practica de la mañana
Sabado, 1 de agosto	Divisionales en Veterans Park
Domingo, 2 de agosto	Banquete y entrega de premios del final de temporada

Competencia de remplazo en Lake Manassas

Estamos planeando teminar la competencia contra Lake Manassas el Martes 21 de julio. El calentamiento empezara a las 6:00 PM y la competencia se reanudara donde se cancel en el heat 2 de boys 11-12 IM. Sabemos que lamentablemente hay personas que no podran asistir por conflictos de horario, por favor les pedimos hacernos saber el día lunes. Si puede ayudar a otra familia a llevara a los nadadores, la ayuda sera apreciada. Nos gustaria poder ayudar a la mayoría de nadadores a conseguir tiempos legales antes de los divisionales.

Competencia de visitante en Brookside

El fin de semana nadaremos contra los Brookside Hurricanes. La piscina esta localizada en **7197 Riley Road, Warrenton VA 20187**. Estacionamiento disponible en el lote de la piscina y a ambos lados de Brookside Parkway hasta Harrow Road, y en el estacionamiento de la escuela Auburn Middle School. **No estacione** en la Brookside Parkway Pasando la Harrow donde vera postes rosados. Queda prohibido estacionar en cualquier porcion de la Riley Road. Hay sheriffs que patrullan las rutas a menudo durante las competencias y a los vehiculos no autorizados se les dara ticket o se les llevara la grua. El area del equipo visitante esta localizada entre las rejas de los canchas multifuncionales al lado derecho de la piscine. Calentamiento para nuestro equipo es a las 6:30. Llegue a tiempo, las personas que no hagan calentamiento seran eliminadas de los Medley relays.

Noches especiales

El miercoles 22 de julio tenemos noche espacial en Chick-fil-A en la Sudley Mannor Drive. Vaya entre las 4 y 8 PM y a poye al equipo. La ultima noche especial de la temporada es ;a noche de psoters que sera el miercoles 29 de julio en la casa de los Franklin localizada en **4609 Starting Post Ct., Gainesville, VA 20155**. Este es un evento annual donde celebramos el final de la temporada y hacemos posters para decorar las rejas durante divisionales y alentar a nuestros nadadores.

Divisionales—Calificacion y no participacion

A diferecbia de las competencias regulares , los nadadores deben calificar para nadir en divisionales. Para calificar el nandaor debe jhaber nadado en 2 competencia regulares y obtenido tiempo legal en por lo menos 1 evento. Los nadadores solo pueden nadir en los eventos que hayan conseguido tiempo legal. Si su nadador califica en algun evento para divisonales y no estara presente el 1 de Agosto, necesita avisar de su no participacion, hasta el 24 de julio, ya que los entrenadores haran las entradas de la comptencia el 25 de julio despeues de la competencia contra Brookside . Para facilitar el proceso Habra un lista de nadadores en el pavilion si usted desea avisar de su no participacion en Divisionales.

Banquete del final de temporada

Cada final de temporada tenemos un banquete y entrega de premios, el domingo despues de Divisionales. Este año sera el 2 de Agosto, la preparacion comienza a la 1 y el abnquete empieza a las 3 Estamos pidiendo a las familias con apellidos de la A-G traer una bolsa de hielo y una caja de 6 sodas o agua, familias de la H-R traer un acompañamiento para la comida o ensalada, y las familias copn apellidos de la S-Z traer postres.

Necesitamos voluntarios para que salga todo bien , dejenos saber si podra ayudar y con que. Puede ayudar con la preparacion, con la cocina, ayudando con las bebidas o con la limpieza al final. Tambien dejenos saber si puede traer mesas plegables y coolers.

Recuerde comprar loas entradas para el parquet para los faminiarles y amigos que desea invitar, las entardas cuestan \$2.00 por person. No olvide que ya estan a la venta los patos para la competencia "Duck Derby" para apoyar el equipo y recaudar fondos, el costo es de \$5.00 por pato o 5 por \$ 20. Puede vender losnumeros a gente fuera del equipo, compañeros de trabajo y familiares, para ayudar a recaudar fondos.

Donaciones y tarjetas de gracias para los entrenadores

Como cada año estaremos recibiendo donaciones de regalos, o monetarias para los entrenadores esta semana. Los entrenadores que ayudan a los nadadores lo hacen con mucho cariño y no por el dinero que reciben, usted puede demostrale su agradecimiento de esta manera. Puede dar algo para su entrenador en particular o para todos los entrenadores. Las tarjetas, cartas, notas, regalos, o donaciones pueden ser entregadas a Marcia Thies, Tracie Franklin y Therese Romagna en las practicas de la noche hasta divisonales; puede encontralas en el pavilionsuperior.