

# Duck



# Tales

## Important Dates

Monday, June 20	First morning practices begin at 7:30 AM Evening Practices shift to 7:15 and 8:15 PM Spirit Night @ CiCi's Pizza 5:00-8:00 PM
Wednesday, June 22	Meet away at Wellington
Saturday, June 25	Backstroke Clinic begins after morning practice
Monday, June 27	Spirit Night at the movies, Manassas 4 Cinemas <i>Finding Dory</i>
Wednesday, June 29	Meet away at Southbridge
Saturday, July 2	No practice, Fourth of July Holiday
Monday, July 4	Start and Turn Clinic begins after morning practice
Tuesday, July 5	Meet Home v. Urbana
Saturday, July 9	Team Picture Night
Monday, July 11	

## Results from the Lake Manassas Meet

Congratulations on our first win of the season! The final score was Ben Lomond 2518, Lake Manassas 1873. We had many winners this week. We had three triple winners (Catherine Purnell, Neeraj Suresh Pandi & Evan Thies), four double winners (Juliette Andreani, Christian Herrera, Pulak Deshpande & Emma Knick) and 12 single winners (Christopher Arnold, Libby Bair, Natalie Balderas, Nihar Bhat, Ariana Heath, George Herrera, Steven Moyer, Cerrina Ramirez, Ariadna Sanchez, Afton Scoresby, Spencer Scott & Brianna Ventura). Big congratulations go out to two swimmers who set new Ben Lomond records. Catherine Purnell broke the 13-14 Girls Backstroke record set in 1998 with a time of 33.16. Evan Thies broke the 15-18 Boys Breaststroke record from 2014 with a time of 32.69. We also had 63 swimmers set personal best times in 115 splashes. Congratulations on a great start for the season.

## Away Meet at Wellington

This weekend we will swim against the Wellington Dolphins. The Wellington Pool is located at 9700 Wellington Road, Manassas, VA 20110. **Directions from Route 234 Sudley Road:** Turn right on Godwin Ave. After going over railroad tracks, take a left on Wellington Road. At the 3rd light, turn right on Cloverhill Road. Pool entrance is on your immediate left. Some parking is available near the clubhouse. Additional street parking is available on Cloverhill Road, Strawflower Road, and Waterford Road. Please avoid blocking curb areas on Cloverhill that are marked in yellow, or in any area in front of a curb-side mailbox. Do not park in the fire lane in front of the clubhouse, or park in handicapped parking spaces unless your car displays the appropriate plates or hang-tag. Warm-ups for Ben Lomond will start at 6:30. Arrive in plenty of time to park, set up, and be in the water by 6:30. The visiting area is on the slide-side of the pool behind the diving boards in the grassy area. There is also limited space along the fence no further than the starting area at the corner. We may also set up outside of the pool area on the grass near the side gate. Wellington has a ten-lane pool, so we will need LOTS of help from volunteers to time, record and judge, along with all the other jobs (clerk of course, scoring, verifying, ribbons, etc.) Please sign up early for jobs by going to the Wellington meet on the [BLST site](#).

## Opting Out of Meets

If you will not be attending a meet, please remember to **opt your swimmer out** of the meet by the Tuesday before the meet. We had many swimmers who were signed up to swim and who did not attend the meet last week, and gave no notice. This really slows down the meet as relays must be re-worked and swimmers' whereabouts tracked down before they are scratched. Also, please be sure to check in with the coaches before leaving a meet early. Several freestyle relays had to be scratched this week when swimmers left the meet early. When we don't fill relay teams the team loses points, and other swimmers who have waited through the meet to swim the relay lose the opportunity to swim. Opt out swimmers by clicking here: [BLST site](#).

## Stroke Clinics

Don't forget to sign up for stroke clinics! This year summer stroke clinics will begin on June 27th with a backstroke clinic. During 4th of July week there will be a clinic again this year to work on starts and turns, and this clinic will run the week of July 5th. Breaststroke will follow beginning July 11th and we will finish with a butterfly clinic beginning on July 18th. Each clinic will meet on four mornings, Monday, Tuesday, Thursday, and Friday except for the start and turn clinic, which will meet on Tuesday, Thursday and Friday of that week. Prices for clinics will be \$65 for all four clinics, \$50 for three clinics, and \$20 for each individual stroke clinic and \$15 for the start and turn clinic. Depending on available space you may pay \$5 for individual clinic days. We will cap the clinics at 35 swimmers, so sign up soon to hold your place. You can sign up for stroke clinics at any evening practice.

## Spirit Nights

Wednesdays are Spirit Nights for the Ducks! We are planning to have the first spirit night of the summer on Wednesday, June 22nd at CiCi's Pizza located at 10338 Festival Lane. Come out between 5:00 and 8:00 PM to eat and socialize and be sure to let the cashier know you are with Ben Lomond Swim Team. The next week, Wednesday, June 29th, we will be having a Spirit Night at Manassas Cinemas, located at 8890 Mathis Avenue. We will be seeing *Finding Dory*. Show times for the week won't be announced until Friday June 24th, but we will be seeing the show that starts between 6 and 8 PM. Tickets are \$5.00 and will be sold at evening practices.

## Monday Night Meals

Having a hard time fitting dinner in on parent meeting night? Concessions are now offering a meal deal on Monday nights. For \$5, you can get a chick-fil-A sandwich, bag of chips, and a cold soda or water. Please pre-order your meal with Kate Larson. Meals will be available to pick up before or after the parent meeting.

## Apparel Update

Hopefully you've already picked up your apparel bags and are enjoying your new suits and beautiful new shirts. If not, check in at the pavilion at practice and pick them up as soon as possible. If you need to exchange a suit for a different size, please bring your suit to the pavilion on Monday or Thursday to see if an alternate size is available. Girls' size 24 suits are on back order and are expected some time this week. You can also buy team shirts (\$12 for S/M/L, \$15 for XL/XXL/XXXL), silicone caps (\$12) and magnets (\$3).

## 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 first Ducks of the week for the 2016 season:

- Group 1: Alexa Gonzalez
- Group 2: Braeden Wells
- Group 3: Brianna Ventura
- Group 4: Jeremy Wells
- Group 5: Ryan Schubert
- Group 6: Justin Sommers

Volunteers of the Week: Bracco Graham and Anna Ventura

Congratulations to the following three new Ben Lomond Ducks! **Alexa Gonzalez** and **Sofia Lemus** have graduated from the Ducklings Program and are now full-fledged Flying Ducks!

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### Fechas Importantes

Lunes 20 de junio	Primera practica de la mañana a las 7:30 AM Practicar de la noche cambian a las 7:15 y 8:15 PM
Miercoles 22 de junio	Noche especial en CiCi's Pizza 5:00-8:00 PM
Sabado 25 de junio	Competencia visitante en Wellington
Lunes 27 de junio	Comienza la clinica de espalda despues de la practica de la mañana
Miercoles 29 de junio	Noche especial en el cine, Manassas 4 Cinemas <i>Finding Dory</i>
Sabado 2 de julio	Competencia visitante en Southbridge
Lunes 4 de julio	No hay practica feriado del 4 de julio
Martes 5 de julio	Empieza la clinica de giros y comienzos despues de la practica de la mañana
Sabado 9 de julio	Competencia local contra Urbana
Lunes 11 de julio	Noche de fotos del equipo

### Resultados de la competencia contra Lake Manassas

Felicidades por nuestra primera victoria de la temporada!! El resultado final fue Ben Lomond 2518, Lake Manassas 1873. Tuvimos muchos ganadores esta semana. Tuvimos 3 ganadores triples (Catherine Purnell, Neeraj Suresh Pandi & Evan Thies), 4 ganadores dobles (Juliette Andreani, Christian Herrera, Pulak Deshpande & Emma Knick) y 12 ganadores de una competencia (Christopher Arnold, Libby Bair, Natalie Balderas, Nihar Bhat, Ariana Heath, George Herrera, Steven Moyer, Cerrina Ramirez, Ariadna Sanchez, Afton Scoresby, Spencer Scott & Brianna Ventura). Super felicidades a nuestros 2 nadadores que consiguieron marcar nuevos records en el equipo, Catherine Purnell rompio el Viejo record de 13-14 girls Backstroke de 1998 con un tiempo de 33.16. Evan Thies rompio el record de the 15-18 Boys Breaststrokedel 2014 con un tiempo de 32.69. Tambien tuvimos 63 nadadores que obtuvieron sus mejores tiempos personales en 115 splashes. Excelente comienzo de temporada.

### Competencia en Wellington

El fin de semana nadaremos contra Wellington Dolphins. La piscina esta localizada en 9700 Wellington Road, Manassas, VA 20110. **Direcciones desde 234 Sudley Road:** girar a la derecha en Godwin Ave. Despues de pasar las vias del tren hacer una izquierda en Wellington Road. En la 3ra luz girar a la derecha en Cloverhill Road. La entrada a la piscine esta en la inmediata izquierda. Hay estacionamiento limitado cerca al clubhouse. Hay estacionamiento adicional en las calles Cloverhill Road, Strawflower Road, and Waterford Road. Por favor evite bloquear las areas marcadas con Amarillo o areas que tienen buzones de correo. No estacione en areas prohibidas o limitadas a ciertos permisos. Calentamiento para Ben Lomond comenzara a las 6:30. Llegue con suficiente tiempo para estacionar preparar su area, y etsra listos en el agua a las 6:30 am. Nuestra area ese n el lado del toboggan y detras de los trampolines en el area de pasto. Hay tambien espacio limitado al lado de la reja. Tambien podemos podernos situarnos afuera de la piscina en el pasto cerca de la puerta del costado. Wellington tiene una piscina de 10 lineas, y necesitamos mucha ayuda de los voluntarios para hacer los trabajos. timers, recorders, clerk of course, scoring, verifying, ribbons, etc.) Por favor anotese para el evento en nuestra pagina [BLST site](#).

### NO participacion en competencias

Si no va a participar en una competencia no olvide que tiene que cancelar la participacion del nadador en la pagina del equipo hasta el martes previo a la competencia. Tuvimos muchisimos nadadores que estaban en la lista para nadar pero que no se presentaron a la competencia y no avisaron. Esto ralmente nos perjudica en la planeacion de los relays, porque los entrenadores tienen que buscar a los nadadores, y planean nuevas listas. No olvide consultar con su entrenador antes de irse de la competencia porque los nadadores pueden ser parte de los relays al final de la competencia. Cuando no completamos los relays el equipo pierde puntos, ademas dde que los nadadores que se quedaron a esperar tampoco pueden nadar por que no se puede completer el equipo de 4 nadadores Puede confirmar su **NO PARTICIPACION** en : [BLST site](#).

### Clinicas de estilo

No olvide registrarse para las clinicas de estilo! Este año las clinicas comienzan el 27 de junio con la clinica de espalda. La semana del 4 de julio Habra una clinica de comienzos y giros esa clinica comenzara el 5 de julio. La clinica de pecho comenzara el 11 de julio y la de mariposa el 18 de julio. Las clinicas seran los lunes martes jueves y Viernes except la clinica de comienzos y giros que sera solo martes jueves y viernes. Los precios seran \$65 por las 4 clinicas, \$50 por 3 clinicas, y \$20 por cada clinica individual y \$15 por la clinica de comienzos y giros. Dependiendo de disponibilidad puede pagar \$5 por dia. El maximo numero de nadadores por clinica sera de 35, registre pronto para tener un cupo. Puedes registrarte durante las practicas de la noche.

### Noches especiales

Los miercoles son las noches especiales de los patos!! Estamos planeando tener nuestra primera noche especial del verano el miercoles 22 de junio en CiCi's Pizza localizado en 10338 Festival Lane. Vaya entre las 5:00 y 8:00 PM para comer y socializer y no olvide decirle a la cajera que esta con el equipo. El miercoles 29 de junio tendremos la noche especial en Manassas Cinemas, localizado en 8890 Mathis Avenue. Veremos *Finding Dory*. LA hora sera avisada el jueves 24 de junio, pero sera un show entre las 6 y las 8 pm. Los tickets costaran \$5.00 y se venderan durante las practicas de la noche.

### Cena de lunes

Si tiene problemas con la cena de los lunes entre las practicas y la reunion de padres. Concessions anuncia una excelente oferta de comida los lunes por la noche, por \$5 puede tener un sandwich, una bolsa de chips y una gaseosa o agua fria. Por favor ordene la comida de antemano con Kate Larson. La comida estar disponible antes y despues de la reunion de padres.

### Noticias de Apparel

Ojala ya hayan retirado su bolsa con la indumentaria y esten disfrutando de el traje de baño y la camiseta. Si todavia no lo ha hecho venga y retirelos del pavilion lo mas antes posible. Si necesita hacer un cambio de talla de su traje de baño traiga su traje de baño el lunes o el jueves para ver si hay otra talla disponible., el talle 24 de chicas esta en back order y llegar en esta semana. Tambien puede comprar camisetas a \$12 talles S/M/L y \$15 talles XL/XXL/XXXL. Gorras de silicona (\$12) y magnetos (\$3).

### Patos de la semana

Cada semana en esta parte de la carta reconocemos a los nadadores y voluntarios que hicieron un trabajo formidable durante la semana. Felicidades a las siguientes personas que son nuestros priemros patos de la semana de la temporada 2016:

Grupo 1: Alexa Gonzalez  
Grupo 2: Braeden Wells  
Grupo 3: Brianna Ventura  
Grupo 4: Jeremy Wells  
Grupo 5: Ryan Schubert  
Grupo 6: Justin Sommers  
Voluntarios de la semana: Bracco Graham y Anna Ventura

Felicidades a las 2 nuevos integrantes del equipo, los nuevos patos de Ben Lomond! **Alexa Gonzalez** y **Sofia Lemus** se graduaron del programa de Ducklings y ahora son nuestros nuevos patos!!!