

# Duck



# Tales

## Important Dates

Wednesday, July 13	Spirit Night at Chick-fil-A
Saturday, July 16	Meet away at Brookside
Monday, July 18	Butterfly Clinic Begins
Friday, July 22	Set-up for Meet
Saturday, July 23	Meet @ Home v. Westridge
Wednesday, July 27	Poster Night
Saturday, July 30	Divisionals v. Veteran's Park @ Virginia Oaks

## Results from the Urbana Meet

We had a great meet against Urbana this weekend! As a team we did a much better job of opting out if not attending and getting to the clerk of course in time to swim. The final score was Ben Lomond 2785 and Urbana 1688.5. Congratulations on the win! This week we had three triple winners: Juliette Andreani, Pulak Deshpande, and Neeraj Suresh Pandi. We had six double winners: Nihar Bhat, Nicolas Nagurny, Ariadna Sanchez, Mia Sanchez, Evan Thies, & Sydney Vazquez. We also had 13 single winners: Nicole Arriaran, Troy Brown, Liam Halisky, Ariana Heath, Christian Herrera, George Herrera, Emma Knick, Shiv Mylavrapu, Cerrina Ramirez, Nathalie Rojas, Ryan Schubert, Hannah Tiede & Brianna Ventura. This week we had 80 swimmers set personal best times in 134 splashes. Congratulations!

## Away Meet Against Brookside

This week we will be traveling to swim against the Brookside Hurricanes. The pool is located at 7197 Riley Rd., Warrenton, VA 20187. Some parking is available near the clubhouse. Additional street parking is available on Brookside Parkway adjacent to the pool and tennis courts. Please avoid blocking any curb areas that are marked in yellow, or in any area in front of a curb-side mailbox. **Do not park on Riley Road. This includes the section of Riley Road near the pool entrance, and the segment of Riley Road that runs along the storm pond and in front of Auburn Middle School. Cars parked in these areas are subject to tickets and towing by the police.** Warm-ups begin for us at 6:30, so be there with plenty of time to set up and get to the pool. The visiting team area at this pool is on the multipurpose courts adjacent to pool.

## 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 11<sup>th</sup> and butterfly clinic begins on July 18<sup>th</sup>. 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

Don't forget to come out for our Chick-fil-A Sprit night, which will be held on Wednesday, July 13<sup>th</sup>. Have a good supper and help us make some money for the team! Also add poster night to your calendars on July 27<sup>th</sup>. This is a really fun night where the team comes together to socialize and make posters for Divisionals.

## 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, July 31<sup>st</sup>. 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.

## Ducks of the Week

Congratulations to the Ducks of the week!

- Group 1: Yesi Martinez
- Group 2: Justin Lee
- Group 3: Hannah Tiede
- Group 4: Walker Shirley
- Group 5: Christina Mun
- Group 6: Kerrie Romagna

Volunteer of the Week: Greg Sutherland and Sarah Knapp

Congratulations to the newest team members who have graduated from the Duckling Program to the swim team: **Henry Martinez, Sito Martinez & Hailey Tiede!**

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## Fechas Importantes

Miercoles 13 de julio	Noche especial en Chick-fil-A
Sabado 16 de julio	Competencia visitante en Brookside
Lunes 18 de julio	Comienza la clinica de mariposa
Viernes 22 de julio	Preparacion para la competencia local
Sabado 23 de julio	Competencia local contra Westridge
Miercoles 27 de julio	Noche de posters
Sabado 30 de julio	Divisionales contra Veteran's Park en/contra Virginia Oaks

## Resultados de la competencia contra Urbana

Tuvimos una competencia excelente contra Urbana este fin de semana! Como equipo hubo mas gente que aviso de su no participacion que en otras competencias y llegando a tiempo a clerk of course para nadar. El resultado final fue Ben Lomond 2785 y Urbana 1688.5. Felicidades por el triunfo! Esta semana tuvimos 3 ganadores triples: Juliette Andreani, Pulak Deshpande, and Neeraj Suresh Pandi. Tuvimos 6 ganadores dobles: Nihar Bhat, Nicolas Nagurny, Ariadna Sanchez, Mia Sanchez, Evan Thies, & Sydney Vazquez y 13 ganadores de 1 evento: Nicole Arriaran, Troy Brown, Liam Halisky, Ariana Heath, Christian Herrera, George Herrera, Emma Knick, Shiv Mylavarapu, Cerrina Ramirez, Nathalie Rojas, Ryan Schubert, Hannah Tiede & Brianna Ventura. Tuvimos 80 nadadores que ,marcaron sus mejores tiempos personales en 134 splashes. Felicidades!

## Competencia visitante contra Brookside

Esta semana nadaremos contra Brookside Hurricanes. La piscina esta localizada en 7197 Riley Rd., Warrenton, VA 20187. Hay algo de estacionamiento cerca del club. Estacionamineto adicional en la calle Brookside Parkway junto a la piscina y a las canchas de tennis. No estacionar en lugares prohibidos, areas marcadas en a marillo y frente a los buzones de correo. **No estacionar en Riley Road. Esto incluye la seccion de Riley Road cerca de la entrada de la piscina, y la porcion de Riley Road que va a lo largo del lago y frente a Auburn Middle School. Autos estacionados ahi seran sancionados y/o remolcados en grua por la policia.** Calentamiento para nosotros comienza a las 6:30, llegue con tiempo sufuciente para prepararse y llegar al agua a tiempo. El area para visitants ese n las canchas multifuncionales al lado de la piscina.

## Cupos disponibles en las clinicas

Tiene problemas consiguiendo un tipempo legal en pecho o mariposa? Necesita mejorar esos estilos? Todavia hay espacios disponibles en las dos ultimas clinicase de pecho y mariposa. Los precious son \$20 por cada clinica.La clinica de pecho comieza el 11 de julio y la clinica de mariposa el 18 de julio, las clinicas son lunes martes jueves y Viernes. Puede registrarse durante las practicas de la noche

## Noches especiales

No olvide ir a Chick-fil-A el miercoles13 de julio, puede tener su cena y ayudar al equipo a recaudar fondos!! Tambien marque su calendario lpara la noche de posters el 27 de julio, ese dia nos reunimos para socializer y hacer posters para divisionales.

## Banquete del final de temporada

Aunque usted no lo crea estamos a menos de un mes del banquete del final de temporada y fiesta en Splashdown, sera al dia siguiente de divisionles el domingo 31 de julio. Despues del banquete y la entrega de premios tendremos el parquet solo para nosotros. Los nadadores entran gratis esa noche y la familia y amigos que nos acompañen pueden comprar sus entradas a solo \$2.00. Las entradas estan a la venta durante las practicas de la noche.

## Patos de la semana

Felicidades a los patos de la semana!!!

- Grupo 1: Yesi Martinez
- Grupo 2: Justin Lee
- Grupo 3: Hannah Tiede
- Grupo 4: Walker Shirley
- Grupo 5: Christina Mun
- Grupo 6: Kerrie Romagna

Voluntarios de la semana: Greg Sutherland y Sarah Knapp

Felicidades a los nuemvos miembros de ls patos que se graduaron del programa de Ducklings: **Henry Martinez, Sito Martinez & Hailey Tiede!**