

# Duck



# Tales

## Important Dates

Monday, July 18	Butterfly Clinic Begins
Friday, July 22	Set-up for Meet 7:00 PM
Saturday, July 23	Meet @ Home v. Westridge
Wednesday, July 27	Poster Night 6:00-9:00
Thursday, July 28	Pie the Coach Night
Saturday, July 30	Divisionals v. Veteran's Park @ Virginia Oaks
Sunday, July 31	End of Season Picnic at Splashdown

## Results From Brookside Meet

Despite great swims by so many of our swimmers, we were overcome again by a larger team. The final score this weekend was Brookside 2,826 and Ben Lomond 2,133. Our winners this week include two triple winners (Juliette Andreani & Catherine Purnell) We had no double winners, but we did have seven single winners (Nate Bair, George Herrera, Emma Knick, Steven Moyer, Nathalie Rojas, Afton Scoresby & Evan Thies.) 90 swimmers set personal best times in 149 splashes. Remember that you can find all the results for each meet on the BLST website under the Meets tab, or by clicking [here](#).

## Home Meet Against Westridge

This weekend we swim against the Westridge Waves at Ben Lomond. Please arrive at the pool by 6:00 am because warm-ups start for BLST at 6:15. The meet will start promptly at 7:00. Also please remember to check in with coaches when you arrive and to check in before leaving the meet as you may be needed for relays at the end of the meet. If you are not able to attend, please opt out by Tuesday evening. You can opt out of the meet and/or sign up for jobs by going to the website or clicking [here](#).

## Clinic Spots Still Available

There are still spaces left in the butterfly clinic. Prices are \$20 for the week. The clinic will meet Monday, Tuesday, Thursday, and Friday. You can sign up at any evening practice.

## Spirit Nights

Our final Spirit Night of the season will be Poster Night on Wednesday, July 27<sup>th</sup> from 6-9 PM 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. Keep your eye out for more details on this event!

## Concessions

There is another home meet this Saturday and Concessions needs every family to donate water, soda, or Gatorade. Please donate Coke, Pepsi, Sprite, Dr. Pepper--diet or regular; Gatorade (16 oz size) in any flavor; and water (no sport caps, please). We can also use candy in bulk from BJ's or Costco. Please remember, no chocolate, as it will melt! Donations can be brought in any night during practice, or to Friday night setup.

## Apparel

Come up to the Pavilion on Thursday, July 21<sup>st</sup> at evening practice for an apparel fire sale. Get some vintage Duck apparel, tote bags, and more! Please plan to pay with cash or check.

## Divisionals

Can you believe it? We only have one regular season meet left, meaning that it is almost time for Divisionals. For those of you who are new to the team, Divisionals is our championship meet, and is different from a normal meet in two critical ways. First, we will swim against two other teams. Second, not everyone can compete. To qualify for Divisionals, you must participate in at least 2 regular season meets, and you must have at least one legal time (time trials does not count) to swim any given event. If you have any questions about Divisionals, ask a board member, or a veteran swim family. If your swimmer is eligible to swim at Divisionals, but will not be attending on July 30<sup>th</sup>, we need you to opt them out. This MUST be done no later than July 22<sup>nd</sup>, because the coaches will be doing the entries on July 23<sup>rd</sup> right after the Westridge meet. 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 in case you cannot do it online.

## 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 coaches are not coaching because of the huge salaries 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(s) 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. Marcia Thies, Tracie Franklin and Therese Romagna will collect notes and tips at evening practices until Divisionals. You can find them under the upper pavilion.

## 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 July 31<sup>st</sup>. 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 desserts, families with last names starting with H-R to bring a bag of ice and a six-pack of soda or, and families with last names S-Z to bring a side dish or salad. 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.

## Duck Derby

Every year we have a Duck Derby as a special fundraiser at the end-of-season picnic. Rubber Duckies are purchased and set sent to race around the lazy river during our evening at Splashdown. The owners of the winning ducks receive donated prizes, and all of the proceeds go to the team. 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!

## New Duck

Congratulations to **Ryan Rowe** who has graduated from the duckling program and is a new Ben Lomond 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 have earned Duck of the Week status!

Group 1: Michelle Hernandez

Group 2: Nicole Delgado

Group 3: Afton Scoresby

Group 4: Adam Rowe

Group 5: Brigitte Vasquez

Group 6: William Arnold

Volunteers of the Week: Beatriz Herrera and Heidi Heath

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## Fechas Importantes

Lunes, 18 de julio	Comienza la clinica de mariposa
Viernes, 22 de julio	Preparacion para la competencia 7:00 PM
Sabado, 23 de julio	Competencia local contra Westridge
Miercoles, 27 de julio	Noche de poster de 6:00-9:00
Jueves, 28 de julio	Noche de pastelazo al entrenador
Sabado, 30 de julio	Divisionales contra Veteran's Park @ Virginia Oaks
Domingo, 31 de julio	Banquete del final de temporada en Splashdown

## Resultados de la competencia contra Brookside

A pesar de que muchos de nuestros nadadores hicieron un gran trabajo, nos gano un equipo mucho mas grande. El resultado final fue Brookside 2,836 y Ben Lomond 2,102. Nuestros ganadores esta semana incluyen 2 ganadoras triples (Juliette Andreani & Catherine Purnell) mo tuvimos ganadores dobles, tuvimos 7 ganadores de un evento (Nate Bair, George Herrera, Emma Knick, Steven Moyer, Nathalie Rojas, Afton Scoresby & Evan Thies.) 90 nadadores consiguieron sus mejores tiempos personales en 149 splashes. Recuerde que puede ver todos los resultados de cada competencia en la pagina del equipo o haciendo click en el enlace [here](#).

## Competencia local contra Westridge

Esta semana nadamos contra Westridge Waves en Ben Lomond. Llegue a la piscine a las 6:00 am porque el calentamiento para BLST es a las 6:15. La competencia comienza a las 7:00. Acuerdese tambien registrarse con los entrenadores al llegar y avisar antes de irse porque se lo puede necesitar para los relays finales. Si no puede asistir por favor opte su no participacion hasta el martes por la noche, puede hacer en linea al igual que para ser voluntario en [here](#).

## Cupos disponibles para las clinicas

Todavia hay cupos disponibles para la clinica de mariposa, el precio es \$20 por semana. LA clinica es Lunes martes jueves y Viernes, puede registrarse durante las practicas de la noche.

## Noches especiales

Nuestra ultimanoche especial de la temporada sera el 27 de julio de 6 a 9 pm en casa de los Franklin, localizada en 4609 Starting Post Ct., Gainesville, VA 20155. Este es un evento anual donde celebramos el final de la temporada y hacemos posters para divisionales. Ya daremos mas informacion de este evento, este atento!

## Concessions

Tenemos otra competencia local este sabdo y necesitamos que cada familia done agua, gaseosas en lata y Gatorade. Por favor done Coke, Pepsi, Sprite, Dr. Pepper--dieta or regular; Gatorade (16 oz size) cualquier sabor; y agua (no sport caps). Tambien es bienvenido si dona caramelos all por mayor de BJ's o Costco. Recuerde no donar chocolate por que se derrite!! Puede traer las donaciones a las practicas de la noche o el Viernes durante la preparacion.

## Apparel

Venga al Pavilion el jueves 21 de julio por la noche y compre mercancia en descuento!!! Se recibe solo cheques o efectivo.

## Divisionales

Puede creer que solo nos queda una competenci regular,? Eso quiere decir que ya vienen Divisionales. Para las personas nuevas en el equipo, divisionales es el la competencia de Campeonato. Es diferente de las competencias regulares, porque es contra dos equipos y no todas las personas pueden participar. Para calificar para nadar el nadador debe haber participado en por lo menos 2 competencias regulares y tener por lo menos un tiempo legal durante la temporada en el evento que va a nadar (time trials no cuenta!) Si tiene alguna pregunta pregunte a cualquier miembro de la directive o a algun padre antiguo. Si su nadador califica para divisionales pero no va a nadare! 30 de julio, por favor saquelos de la competencia en la pagina o el el folder no mas tarde del 22 de julio, porque los entrenadores mandarin la lista el 23 de julio despues de la competencia contra Westridge.

## Donaciones y notas de gracias para los entrenadores

Como en el pasado estaremos recolectando notas y doanaciones para los entrenadores esta semana. Los entrenadores estan ahi no por el dinero que reciben , sino por que aman los que hacen y quieren compartirlo con los niños. Puede donar un monto total y sera distribuido entre cada entrenador o puede dar algo especial al entrenador de su hijo. Tambien puede pedirle a su hijo que haga una nota personal para su respectivo entrenador. Estas notas significan machismo para ellos y las recuerdan por muchisimo tiempo. Marcia Thies, Tracie Franklin y Therese Romagna son las encargadas de recibir las notas y donaciones para los entrenadores durante las practicas de la noche hasta divisionales.

## Banquete del final de temporada

Cada temporada tenemos un banquete y entrega de premios el domingo despues de divisionales. Este año sera el 31 de julio. La preparacion empieza a la 1pm y el baquete a las 3:00. Las familias con apellidos que comiencen con A-G por favor traigan postres, las familias con apellidos que comiencen con H-R por favor traigan hielo y un paquete de 6 gaseosas y las familias de apellidos que comienzan con S-Z por favor traer un plato de acompañamiento o ensalada. Y como en todo lo que hacemos necesitamos voluntarios, dejenos saber en que puede ayudar cocinar, supervisando las bebidas y coolers o limpiando y acomodando al final del banquete. Tambien dejenos saber si pueden traer mesas plegables o coolers para prestart ese dia. Recuerde comprar tickets para el parquet para las familias y migos que no son nadadores. Solo cuestan \$2.00 por persona

## Competencia de patos

Cada año tenemos la competwencia de patos (duck derby) como un a recaudacin de fondos despues del banquete de final de temporada. Los patitos de plastic se compran por numero y se los pone en el lazy river cuando entramos a Splashdown. Los patos ganadores reciben premios donados y todas las recaudaciones van para el equipo. El costo es \$5 por pato o \$20 por 5 patos. Vendales numerous a familias o amigos que no naden y se podrían ganar algun premio y el quipo hacer algo de dinero!

## Nuevo pato

Felicidades a **Ryan Rowe** que se gradue del progrrama duckling es un Nuevo pato en Ben Lomond!

## Patos de la semana

Felicidades a las siguientes personas que son nuestros patos de la semana!

Grupo 1: Michelle Hernandez

Grupo 2: Nicole Delgado

Grupo 3: Afton Scoresby

Grupo 4: Adam Rowe

Grupo 5: Brigitte Vasquez

Grupo 6: William Arnold

Voluntarios de la semana: Beatriz Herrera y Heidy Heath