

Duck



Tales

Divisionals Week!

Like usual we are sending the season out in style with daily activities to get ready for Divisionals and to celebrate another great season. Be sure to read about all the activities and attend as many as you can!

Wednesday, July 27 6:00-9:00 PM Poster Night—Come join us at the Franklin's House, located at 4609 Starting Post Ct., Gainesville, VA 20155, and help us make posters to decorate the fences and cheer on teammates at Divisionals.

Thursday, July 28, 7:45 PM Pie the Coach Night—A BLST tradition! Each swimmer gets a ticket for every second that he or she has dropped over the season, up to 25 tickets. All of the tickets are placed into a bag, and names are drawn until we run out of supplies. The swimmer whose name is drawn gets to pick a coach to "pie" with whipped cream. *Older swimmers please make sure to be at the pool at 7:45 so we can start on time, and so you don't miss your turns.*

Drag night—Haven't you always wanted to swim in your clothes? Bring some clothes that you don't mind getting wet to practice and you can add some extra pounds on top of your swimsuits to give you some extra "drag" for practice.

Friday, July 29, 8:30 Team breakfast—It has become a tradition to have a special breakfast buffet after the last morning practice of the season. We ask that everyone who comes to the Friday morning practice this week bring breakfast foods and drinks to share. We also need volunteers to help serve and clean up after the feast. There is usually a wide variety of food, including items such as bagels and cream cheese, breakfast casseroles, donuts, coffeecakes, fruit salads, to name just a few ideas. The team will provide plates, napkins and utensils, but please bring serving utensils if your dish requires them. This is a great way to celebrate the last practice of the season and to prepare for a great final race on Saturday.

Saturday, July 30—Divisionals @ Virginia Oaks See below for important information about our last meet!

Sunday, July 31, 3:00-9:00—End of Year Picnic and Party at Splashdown See more information below.

Results from Westridge Meet

What a great final home meet! So many volunteers helped to run a smooth meet—we were able to finish in good time, even when swimming against a large team. We especially want to mention the Concessions team (Dan and Meg Arnold, Adam and Kate Larson, Karen Peters, William Huntington, Margarita Balderas, Jared Rangel, Esperanza Badillo, Roxana Alva Hart and Estela Rojas) who did an amazing job, especially at such a busy meet. Everyone particularly loved the snow cones thanks to some more great volunteers (Katherine Herrera, Beatriz Herrera, Jared Rangel, Esperanza Badillo, Sabina Campos, Cintia Encinas, Aylline Zabalaga, Ana Veronica, Roxana Alva Hart, Heidi Heath, Lenny Guzman, Deyssy Contreras and Estela Rojas). On a hot day those snow cones really hit the spot! Our swimmers had a great meet as well. We had very few no-swims (great job opting out!), all the swimmers worked hard and so many dropped times. Unfortunately we were again swimming against a larger team and weren't able to win. The final score was Ben Lomond 2131 and Westridge 2814. Congratulations to the following triple winners: Nathalie Rojas, Afton Scoresby and Evan Thies. We had no double winners this week, but we did have four single winners: Juliette Andreani, Libby Bair, Emma Knick and Brigitte Vazquez. To top off the day we had a new team record. Evan Thies broke his own record from earlier this year in the 15-18 boys breaststroke with a time of 31.66. We had 82 swimmers set personal best times in 132 splashes. Great job ducks!

Divisionals at Virginia Oaks

The Virginia Oaks Sea Devils will host us along with Veteran's Park for the last meet of the season. The address for the pool is **7580 Virginia Oaks Drive, Gainesville, VA 20155**. The pool parking lot is reserved for meet officials and passes are needed to park there. Street parking is available on Virginia Oaks Drive & Royal Sydney Drive. Spaces are available in the lot directly across from the pool. Please be careful not to block driveways and law requires that drivers park 15' from an intersection. Do not park on Vinewood Drive or any pipe stem. Do not block or park in yellow-lined areas or driveways. Pool bathrooms are available for swimmers and those serving on deck. Access for swimmers is available via the pool house entrance. Port-a-potties are located outside pool area in the parking lot. We have the last warm-ups, so coaches will be checking and organizing relays before warm-ups start. Please arrive early and check in with your coaches. Our swimmers need to be in the water for warm-ups by **6:30**, so please arrive with plenty of time to find a spot, set up, check in with coaches, and hit the water. Our team area is the grassy area to the right of the playground. The pool deck is small. VOSD asks that all spectators stay behind the cone lines. They also ask that once your child has finished their race to please leave the pool deck. This will allow for other spectators to view the races.

Volunteers for Divisionals

We will need many volunteers to help the Divisional meet run smoothly. Unlike in dual meets, we will have three teams to draw volunteers from, so the distribution of volunteers is a little different for this meet. Ben Lomond will need to provide one timer per lane (six total) for each of three shifts, (1st shift-- 7:00-9:15, 2nd shift-- 9:15-11:30, 3rd shift--11:30 to the end of the meet.) We will need two recorders per shift, one runner per shift, one heat ribbon runner in the first shift, three clerk of course volunteers per shift, two scoring volunteers per shift, and one ribbon volunteer per shift. Please sign up for jobs on the website or at the pavilion during evening practices this week.

Donations and Thank You Notes for Coaches

Please let your coaches know how much their hard work has meant to you this year! 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 or Therese Romagna at evening practices until Divisionals. You can find them under the upper pavilion.

End of Season Picnic

The end of year picnic is this Sunday, July 31st. 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 water, 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. After the picnic we will have Splashdown to ourselves. 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!

Ducks of the Week

Group 1: Shannon Knapp

Group 2: Alejandro Alegre

Group 3: Christopher Arnold

Group 4: Nathan Sommers

Group 5: Palmer Marsh

Group 6: Alex Acosta

Volunteers of the Week: Candice Purnell, Angie Graham and Julia Bair

Duck



Tales

Semana de Divisionales!

Como siempre terminamos la temporada con estilo con actividades diarias para estar listos para divisionales y para celebrar otra gran temporada. Asegurese de leer a cerca de todas las actividades y atender a todas las que pueda!

Miercoles 27 de julio 6:00-9:00 PM Noche de Poster— Venga y participe con nosotros en la casa de los Franklin, localizada en 4609 Starting Post Ct., Gainesville, VA 20155, y ayudenos a hacer posters para decorar las rejas y apoyar a nuestro equipo el dia de divisionales.

Jueves 28 de julio, 7:45 PM Noche de pastelazo al entrenador.—Una tradicion de BLST!! Cada nadador tiene un ticket por cada Segundo que bajo durante la temporada hasta 25 maximo. Todos los tickets se ponen a una bolsa para ir sacando nombres. Se seguiran sacando nombres hasta que se terminen todos los implementos (Crema Platos, etc) El nombre del nadador que se saque, escoge un entrenador para darle un pastelazo con crema. Los nadadores mayores asegurense de llegar a las 7:45 y podamos comenzar a tiempo y no pierdan su turno.

Noche pesada—Alguna vez quisiste nadar con tu ropa puesta?? Trae algo de ropa que no te importe mojar a la practica y puedes aumentar algunas libras de peso al ejercicio mientras nadas.

Viernes 29 de julio 8:30 Desayuno del equipo—Se convirtio en una tradicion tener un desayuno especial buffet despues de la ultima practica de la temporada. Les pedimos a todas las familias que atiendan a la practica del Viernes por la mañana traer alguna comida o bebida de desayuno para compartir. Tambien necesitamos voluntarios para server y limpiar antes, durante y despues del desayuno. Hay una gran variedad de cosas que se pueden traer, incluyendo bagels con queso crema, donnuts, pasteles, bizcochos o cacerolas de huevos y o carnes. Ensaladas de fruta, jugos, leche café, solo por nombrar algunas ideas. El equipo proveera platos servilletas y utensilios, pero por favor traiga utensilios si se necesitan para server lo que desea compartir. Esta es una excelente manera de celebrar la ultima practica de la temporada y prepararse para la ultima competencia de la temporada el sabado.

Sabado 30 de julio—Divisionales en Virginia Oaks Lea abajo informacion importante a cerca de esta competencia

Domingo 31 de julio, 3:00-9:00—Banquete del final de temporada y fiesta en Splashdown Mas informacion abajo.

Resultados de la competencia contra Westridge

Fue una gran ultima competencia local! Muchisimos voluntarios ayudaron a que la competencia fuera un exito y terminamos a tiempo a pesar de que nadamos con un equipo bastante grande. Queremos mencionar especialmente a la gente del equipo de concessions, que hizo un magnifico trabajo en un dia tan ocupado (Dan and Meg Arnold, Karen Peters, Adam and Kate Larson, William Huntington, Margarita Balderas, Jared Rangel, Esperanza Badillo, Roxana Alva Hart, Estela Rojas) Todo el mundo estuvo encantado con los snow cones en un dia tan caliente, fueron un oasis gracias a (Katherine Herrera, Beatriz Herrera, Jared Rangel, Esperanza Badillo, Sabina Campos, Cintia Encinas, Aylline Zabalaga, Ana Veronica, Roxana Alva Hart, Heidi Heath, Lenny Guzman, Deyssy Contreras, Estela Rojas) Nuestros nadadores tambien tuvieron una competencia excelente, tuvimos solo unos cuantos que no se presentaron y todos los nadadores trabajaron realmente duro para mejorar sus tiempos. Desafortunadamente perdimos contra un equipo mucho mas grande que el nuestro. El resultado final fue Ben Lomond 2131 y Westridge 2814. Felicidades a los siguientes ganadores triples: Nathalie Rojas, Afton Scoresby y Evan Thies. No tuvimos ganadores dobles, pero tuvimos 4 ganadores de un evento: Juliette Andreani, Libby Bair, Emma Knick y Brigitte Vazquez. Y para finalizar Evan Thies rompio nuevamente su record de 15-18 boys breaststroke con un tiempo de 31.66. Tuvimos 82 nadadores que consiguieron sus mejores tiempos personales en 132 splashes. Excelente trabajo patos!!!

Divisionales en Virginia Oaks

Los Virginia Oaks Sea Devils seran los anfitriones de esta competencia nadaremos tambien contra Veteran's Park en nuestra ultima competencia de la temporada. La direccion de la piscina es: **7580 Virginia Oaks Drive, Gainesville, VA 20155**. El lote de autos de la piscine esta reservado para los jueces y necesita un pase para estacionar ahi. Hay estacionamiento disponible en la calle en Virginia Oaks Drive & Royal Sydney Drive. Tambien hay espacios disponibles en el lote al frente de la piscina, por favor no bloquee ningun garaje o inteseccion. No estacione en Vinewood Drive o cerca a las bombas de agua, no estacione en las areas pintadas de Amarillo. Los baños estan disponibles para nadadores y personas que ayudan en Deck. El acceso es desde la casita de la piscina. Hay baños portatiles en el estacionamiento afuera de la piscina. Nosotros tenemos el ultimo calentamiento, los entrenadores estaran organizando los relays antes de que empiece el calentamiento > nuestros nadadores necesitan estar en el agua listos para el calentamiento a las **6:30**, por favor llegue con tiempo suficiente para prepararse y encontrar un lugar. El area de nuestro equipo e sen el area de pasto a la dercha del playground. El deck de la piscine es pequeño, VOSD pide a todos los espectadores pararse detras de las lineas de conos. Tambien nos pide que cuando nuestros niños hayan terminado su evento, por favor abandonar el deck. Esto ayudara a que todos puedan ver la competencia.

Voluntarios para Divisionales

Necesitamos muchos voluntarios para divisionales, tendremos 3 equipos para buscar voluntarios pero la competencia es mas larga y habran 3 turnos. Ben Lomond necesita un timer por linea en cada uno de los turnos (6 por turno) Los turnos son , (1st turno-- 7:00-9:15, 2nd turno-- 9:15-11:30, 3rd turno--11:30 hasta el final de la competencia.) Necesitaremos 2 recorders por turno, 1 runner por turno, 1 heat ribbon en el primer turno, 3 clerk of course por turno, 2 voluntarios en scoring por turno, y 1 voluntario para ribbons por turno. Por favor registre en linea o en el pavilion durante las practicas de la noche esta semana.

Donaciones y notas de agradecimiento para los entrenadores

Dejele saber a su entrenador cuanto significa para usted todo el trabajo que ellos hacen durante la temporada! Puede donar un monto fijo para dividir entre todos los entrenadores o puede donar algo para un entrenador especifico. Tambien puede pedirle a su hijo que haga una nota especial a su entrenador, esas notas significan mucho para ellos y las recuerdan por mucho tiempo. Las notas y donaciones las reciben Marcia Thies, Tracie Franklin o Therese Romagna durante las practicas de la noche hasta divisionales. La puede encontrar en el pavilion.

Banquete del final de temporada

El banquete del final de temporada es el domingo 31 de julio. La preparacion comienza a la 1:00, y el picnic comieza a las 3:00. Las familias con apellidos de A-G traigan postres, Familias con apellidos de H-R traigan hielo y un paquete de 6 gaseosas o agua, y familias con apellidos de S-Z traer una ensalada o un acompañamiento. Como en todo lo que hacemos necesitamos voluntarios, dejenos saber en que puede ayudar: Preparacion, cocinando, supervisando las bebidas, limpieza. Tambien dejenos saber si puede prestar mesas y/o coolers. Recuerde comprar tickets para splashdown para los no nadadores a solo \$2.00 por ticket, avise a familia y amigos! Recuerde tambien comprar sus numeros para la Carrera de patos que ayuda a recaudar fondos para el equipo los patos cuestan \$5 por pato o 5 patos por \$20. Pase la voz a sus compañeros de trabajo y amigos.

Patos de la semana

Grupo 1: Shannon Knapp

Grupo 2: Alejandro Alegre

Grupo 3: Christopher Arnold

Grupo 4: Nathan Sommers

Grupo 5: Palmer Marsh

Grupo 6: Alex Acosta

Voluntarios de la semana: Candice Purnell, Angie Graham, y Julia Bair