

Duck Tales

Important Dates

<u>Monday, July 22nd:</u>	Parents Meeting @ 8:00 p.m.
<u>Tuesday, July 23rd:</u>	Pie the Coach Night @ 8:00 p.m.
<u>Wednesday, July 24th:</u>	Poster Night 6:00 p.m. - 9:00 p.m.
<u>Friday, July 25th:</u>	Duck Breakfast ~ 8:15 a.m.
<u>Saturday, July 27th:</u>	Divisionals @ Westridge
<u>Sunday, July 28th:</u>	End of Season Picnic @ Splashdown Duck Derby ~ 8:00 p.m.

This Week's Meet

Our meet on Saturday is our final meet for the season. We will be swimming at Westridge in a tri-meet against the Waves and the Meadowbrook Makos. The pool is located at 12764 Quarterhorse Lane Woodbridge, Virginia 22192. There is a parking lot at the pool but it fills up quickly, so visiting teams are encouraged to carpool as much as possible. The lower clubhouse parking lot is reserved, and requires a parking permit, but the upper clubhouse parking lot is available on a first-come, first-served basis. There is also plenty of street parking on Quarterhorse Ln, Westridge Drive, at the tennis courts at end of Wimbley Lane and at Old Bridge United Methodist Church off Old Bridge Road. Warm-up start at 6:10 a.m., so plan to be at the pool by 5:45 a.m.

Visiting teams may set up tents and shelters in the area along the shallow end of the pool near the pond side of the pool deck and by the diving boards. Overflow tents and shelters may be set up outside the fence near the entrance and near the restrooms/adult pool. Westridge sets up along the deck near the toddler pool.

Like most teams we have faced this season, Westridge will **NOT** be selling Heat Sheets at the meet on Saturday. You will be able to download them from their website (www.westridgewaves.net) after 10 p.m. Thursday for Saturday's meet. We will also have a link to them from our website.

Divisional T-shirts

If you would like to purchase a divisionals t-shirt, they are available at http://www.jteesprinting.com/prd/index.php?main_page=product_info&cPath=33_38_23&products_id=125&zenid=pki4dns5s3oddkgmab9bs3kf1. Shirts are \$16 each and are only available on-line. Orders MUST be placed by Tuesday, July 23. Shirts will be available for pick up at Divisionals this Saturday.

Adult Relay (after Divisionals)

Westridge would like to have a special relay once Divisionals is done. So, we are pulling together 2 relay teams for a 200 freestyle relay on Saturday. Anyone who is interested in participating should speak to Tracie Franklin or Coach Karri. You are also planning to have a practice Tuesday night at 7:15 for anyone who can make it.

Spirit Nights

We have a tradition of making new posters each year before Divisionals. These posters will be used to decorate our team area at Divisionals. This year's Poster Night will be Wednesday, July 24th from 6:00 to 9:00 p.m. at the Franklin's (4609 Starting Post Ct., Gainesville, VA 20155). We will provide supplies, and food for everyone who shows up.

Convoy to Divisionals

A group of Ducks will be gathering at Harris Teeters Saturday morning to travel over to Westridge together. The bigger the group, the better, so please plan on joining us. If you decorate your car, it's even better. (It helps the person following you, and it shows our team spirit.) Since warm-ups start at 6:10 a.m., the convoy will be leaving at 5:15 a.m.

Volunteers for Divisionals

Please plan to sign up to volunteer for Divisionals. If you have had a chance to look at the list on-line, you will see that things are a little different this week. Because there are 3 teams, we don't have to fill as many positions per shift (for example, we only need one timer per lane and two recorders). The trade off, though, is that there will be 3 shifts: 7:00 - 9:20 a.m., 9:20 - 11:40 a.m., and 11:40 a.m. until finish. We will also be providing name tags to volunteers for this meet. You will not be allowed on deck without one.

Pie the Coach Night

As one of the original teams in the Prince William Swim League, we have lots of traditions. One tradition that the swimmers look forward to every year is Pie the Coach Night. Each swimmer gets a ticket for every second that they have 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. This year's Pie the Coach Night is Tuesday, July 23 at 8:00 p.m. We really need the older swimmers to be at the pool a little early so we can start on time, and so they don't miss their turn.

Board Positions/Nomination Committee

The Board of Directors for the swim team changes a little every year, and this year is no exception. We have a few positions that are open, and need to be filled. If you are interested in serving on the board, or being on the nomination committee, please contact Therese Romagna, our co-treasurer, at teekay68@yahoo.com or at practice this week. We will have elections for next year's board at the end of season picnic.

Friday Morning Duck Breakfast

It has become a tradition (like I said, we have lots of them) 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 or drinks to share. We also need volunteers to help serve and clean up after the feast. There is usually a wide variety of food and fun for everyone!

End of Season Picnic/Awards Banquet

Our End of Season Picnic/Award Banquet will be on July 28th. Set up begins at 1:30 p.m., and the picnic itself will start at 3:00 p.m. Each family is asked to bring a salad or side dish large enough to feed your family. Additionally, we need families with last names starting with A - K to bring a six-pack of soda or water, and families with last names starting with L - Z to bring a bag of ice. The team will provide cake, but if you would like to bring a dessert, feel free.

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.

Splashdown Tickets/Duck Derby Entries for Sale

We will have Splashdown to ourselves 7:30 - 9:30 p.m. after the awards banquet/picnic. Tickets to Splashdown will be available during practices this week, and at the picnic. Registered swimmers from the team get in free, but you will need a ticket for anyone else that wants to join us at Splashdown. The price is only \$2 per person, and you are more than welcome to buy tickets for friends and family members.

We are also selling ducks for our Duck Derby this week during practice. Ducks are \$5 each, and may be bought from Karen and Gerry Peters. The Duck Derby will be held in the Lazy Rive. this Sunday, after the awards banquet.

Pool the School

As some of you have heard, Prince William County Schools are considering building a new pool with the next high school. They have a meeting scheduled for August 6 to decide whether to include the pool or not. PWSL is encouraging all divisions to circulate petitions at Divisionals to show our support of the new facility. If you would like to find out more, please visit <http://www.facebook.com/pooltheschool>.

Donations and Thank You Notes for Coaches

As in the past, we will be collecting notes and donations 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 donations will be collected by Tracie Franklin and Marcia at practices this week under the upper pavilion.

Ducklings Wrap Up

Tuesday night is the last lesson for the Ducklings. They will not have anything Thursday, but they are invited to the End of Season Picnic/Awards Banquet. We hope they have enjoyed the experience, and are looking forward to seeing them back next year!

Results from Old Bridge

It was another tough meet against a much larger team, which was made worse by the number of no swims in certain age groups. The final score was Old Bridge 2805.5 to BLST 2138.5. We had three triple winners (Evan Thies, Ariadna Sanchez and Nihar Bhat), two double winners (Kiare McCorn and Nathalie Rojas) and one single winner (Ryan Thies). We had 78 swimmers set personal best times in 111 splashes, including 5 swimmers who swam personal best times in all 3 individual events this week, and 11 swimmers with their first legal times for the season in at least one event.

Ducks of the Week

Congratulations to the following swimmers, whose great attitudes and hard work earned the honor of being our final Ducks of the Week for the 2013 season!

Group 1: Mia Sanchez

Group 2: Katelyn Benedict

Group 3: Ryan Schubert (1st hour); Michaela Pytel (2nd hour)

Group 4: Emmanuel Cardoso

Group 5: Nathalie Rojas

Duck



Tales

Fechas importantes

Lunes, Julio 22:	Reunion de padres a las 8:00 p.m.
Martes, Julio 23:	Noche del Pastelazo al Coach a las 8:00 p.m.
Miercoles, Julio 24:	Noche de posters de 6:00 p.m. - 9:00 p.m.
Viernes, Julio 25:	Desayuno del equipo a las 8:15 a.m.
Sabado, Julio 27:	Divisionales en Westridge
Domingo, Julio 28:	Picnic del final de temporada en Splashdown Carrera de patitos a las 8:00 p.m.

La competencia de esta semana

Esta es la ultima competencia de la temporada en Westridge contra Westridge Waves y Meadowbrook Makos (Triple competencia). La piscina esta ubicada en 12764 Quarterhorse Lane Woodbridge, Virginia 22192. Hay estacionamiento en la piscine pero se llena rapido. El estacionamiento de abajo de la casa club esta reservado y se necesita permiso especial, pero el estacionamiento de arriba esta abierto hasta que se llene con las personas que leguen mas temprano. Tambien se puede estacionar en la calles Quarterhorse Ln, Westridge Drive, y en las canchas de tennis al final de la Wimbley Lane y en la iglesia Old Bridge United Methodist en la Old Bridge Road. El calentamiento comienza a las 6:10 a.m., planeen estar ahi al rededor de las 5:45 am. Los equipos visitantes pueden preparar sus lugares en el area cerca a la parte baja de la piscina, cerca a los diving boards. Las carpas o gazebos que no entren pueden localizarse afuera de la verja cerca de la entrada y de los baños (piscina de adultos). Westridge se acomodara cerca de la piscina de los niños. Westridge NO vendera Heat Sheets en la competencia. Podran bajarlos de su pagina web (www.westridgewaves.net) despues de las 10 p.m. del jueves. Tambien tendremos un link desde nuestra pagina.

Camisetas para divisionales

Estaran disponibles en la pagina web http://www.jteesprinting.com/prd/index.php?main_page=product_info&cPath=33_38_23&products_id=125&zenid=pki4dns5s3oddkghmab9bs3kf1. Si desean comprarlas. El costo es de \$16 cada una y solo estan disponibles en linea. Las ordenes deben ser puestas antes de Martes Julio 23. Podran recoger las camisetas el sabado en la competencia de divisionales.

Relay de adultos despues de divisionales

Westridge quiere que los adultos tengan un relay despues de divisionales. Queremos formar 2 equipos para 200 relay libre. Interesados hablar con Tracie Franklin o Coach Karry. Los interesados podran practicar el Martes por la noche a las 7:15pm.

Noches especiales de los patos

Tenemos la tradicion de hacer posters para divisionales, los posters serviran para decorar nuestra area en la piscine. Los posters se harna el miercoles Julio 24 de 6:00 a 9:00 pm en casa de los Franklin (4609 Starting Post Ct., Gainesville, VA 20155). Proveremos materiales y comida para los que asistan.

Convoy par air a divisionales

Nos juntaremos en Harris Teeters el sabado por la mañana par air juntos a Westridge, mientras mas seamos mejor. SI quieres puedes decorar tu auto, mostrara tu espiritu deportivo y ayudara a las personas que te siguen a identificar el grupo. El convoy partira a las 5:15 a.m.

Voluntarios para divisionales

Necesitamos voluntaries, como somos 3 equipos necesitamos menos gente, y habran 3 turnos: 7:00 - 9:20 a.m., 9:20 - 11:40 a.m, and 11:40 a.m. hasta terminar. Tambine proveremos etiquetas con los nombres para los voluntaries. Nadie sin etiqueta podra estar en el deck.

Noche de pastelazo al Entrenador

Cada año los nadadores esperan con ansias esta noche. Cada nadador recibe un ticket por cada Segundo que bajo durante la temporada (maximo 25) Se colocan los tickets en una bolsa y se sacan al azar y los nadadores les ponen crema en la cara a los entrenadores, hasta que se terminen la crema y/o los platos. Este evento sera el 23 de Julio a las 8:00 p.m. Los nadadores del segunda grupo tienen que llegar temprano para no perder su turno.

Posiciones y nominaciones para la mesa directiva

La mesa directiva cambia un poco cada año. Tenemos algunas posiciones vacias asi que habran votaciones par llenarlas, los interesados en formar parte de la mesa directiva o el comite de nominaciones, contactar a Therese Romagna, nuestra co-tesorera en el correo electronico teekay68@yahoo.com o en las practicas esta semana. Las elecciones para la mesa directiva del proximo año seran en el picnic de final de temporada.

Desayuno de los Patos

Una tradicion mas!! Despues de la ultima practica de la temporada hay un desayuno especial para los nadadores. Las personas que vengam a practica por favor traigan algo para compartir comida o bebida. Tambine necesitamos voluntaries para ayudar a preparar el desayuno y limpiar despues. Comida y diversion para todos los que asistan.

Picnic del final de temporada y banquete de premiacion

Nuestro Picnic del final de temporada y banquete de premiacion sera el 28 de julio. La preparacion comienza a la 1:30pm y el picnic a las 3:00 p.m. Cada familia tiene que traer una ensalada o acompañamiento que alcance para toda su familia. Familias de apellidos que comiencen con A - K por favor traigan gaseosas paquete de 6 o aguas y familias con a pellidos que comienzan con L - Z traer una bolsa de hielo. El equipo dara el pastel, pero son bienvenidos otros postres.

Necesitamos voluntarios como en todo para que esto funcione, dejanos saber como puedes ayudar, preparacion, cocina, oraganizando la seccin de bebidas, o limpiando al final; por favor traer mesas y /o coolers.

Tickets para Splashdown /Patitos a la venta para la carrera

Tendremos Splashdown solo para nosotros de 7:30 - 9:30 p.m despues del banquete de premiaciones. Los tickets estaran a la venta durante las practicas de esta semana. Los nadadores registrados entran gratis, pero todos los demas necesitamos compra tickets a \$2 por persona, puedes inviter a familia y amigos. Etamos vendiendo patitos para el Derby (Carrera) esta semana durante las practicas, el costo es \$5 se los puede comprar a Karen y/o Gerry Peters. LA Carrera se realizara en el lazy river el domingo despues del banquete de premiacion.

Piscina par alas escuelas

Las escuelas del condado de Prince William estan considerando construir una piscina para la nueva high school, tienen una reunion programada para el 6 de agosto par aver si se incluye o no la piscine. PWSL esta alentando a todas las divisiones para que firmen la peticion desmostrando nuestro apoyo para que se construya la nueva piscinatitions. Si quieres saber mas visitor la pagina: <http://www.facebook.com/pooltheschool>.

Donaciones y notas de agradecimiento para los entrenadores

Los entrenadores no hacen su trabajo por el dinero, lo hacen por el amor al deporte , por compartir sus experiencias con los niños y la satisfaccion que da ver a los niños mejorar cada dia. Esta semana estaremos recibiendo notas de agradecimiento o donaciones para los entrenadores. Pueden donar dinero, un monto fijo para ser dividido entre todos los entrenadores, o puedes donar algo especial para el entrenador de tu hijo. Los nadadores pueden escribir notas personales o tarjetas de agradecimiento para sus entrenadores. Estas notas son muy especiales para ellos porque entienden que agradecemos lo que ellos dan con tanto amor a nuestros niños, son recuerdos que los llenan de alegria a pesar de que la temporada se acabe. Las notas y donaciones pueden ser entregadas a Tracie Franklin and Marcia Thies en las practicas esta semana.

Ducklings

La ultima practica de los Ducklings es el martes por la noche. No Habra nada el Jueves, pero los que quieran pueden venir al picnic/ banquete de premiacion el domingo. Esperamos que hayan disfrutado la experiencia y que vuelvan el proximo año!!!

Resultados de Old Bridge

Fue otra dura competencia! El resultado final: Old Bridge 2805.5 y BLST 2138.5. Tuvimos 3 ganadores triples: (Evan Thies, Ariadna Sanchez and Nihar Bhat), dos ganadores dobles: (Kiare McCorn and Nathalie Rojas) y un ganador de un evento: (Ryan Thies). Tuvimos 78 swimmers que consiguieron sus mejores tiempos en 111 splashes, incluyendo 5 nadadores que nadaron sus mejores tiempos personales en los 3 eventos individuales, y 5 nadadores con su primer tiempo legal en la temporada en por lo menos 1 evento.

Patos de la semana

Felicitaciones a los siguientes nadadores que con su excelente actitud y gran trabajo, se ganaron el honor de ser nuestros ultimos patos de la semana de la temporada 2013!!

Group 1: Mia Sanchez

Group 2: Katelyn Benedict

Group 3: Ryan Schubert (1st hour); Michaela Pytel (2nd hour)

Group 4: Emmanuel Cardosa

Group 5: Nathalie Rojas