

Duck



Tales

Important Dates

<u>Monday, July 15th:</u>	Parents Meeting @ 8:00 p.m.
<u>Tuesday, July 16th:</u>	Apparel Sale
<u>Wednesday, July 17th:</u>	Spirit Night at Manassas Cinema - Despicable Me 2
<u>Saturday, July 20th:</u>	Away meet @ Old Bridge Deadline to Opt Out swimmers for Divisionals
<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.
<u>Saturday, July 27th:</u>	Divisionals @ Westridge
<u>Sunday, July 28th:</u>	End of Season Picnic @ Splashdown

This Week's Meet

Our meet on Saturday is our final regular meet for the season. We will be swimming at Old Bridge against the Breakers. The pool address is 3600 Beaver Pond Rd., Woodbridge, VA 22192. Street parking is available on Catawba Drive and Valleyhill Drive. Please do NOT park on pipestems or in townhouse areas. Warm ups start at 6:30 a.m., but get there early to make sure you have a good parking space.

Both teams areas are on the tennis courts above the pool. Our area is the portion closest to Beaver Pond Rd. Please pay attention to what events are being swum, and allow extra time to get to clerk of course because you will have to walk around from the tennis court to the pool.

Like most teams, Old Bridge will **NOT** be selling Heat Sheets at the meet on Saturday. You will be able to download them from their website (www.obebreakers.org) after 10 p.m. Thursday for Saturday's meet. They will be available by clicking on "Ben Lomond Meet Entries" next to the pictures on the home page, scrolling down to the bottom of the page, and then selecting 20 Jul 2013 Meet Program.

Divisionals (Part 2)

Unlike our regular season meets, swimmers must qualify to swim at Divisionals. In order to qualify, swimmers must have participated in 2 meets, and have a legal time in at least 1 event. Swimmers may also only swim in events that they have legal times in. If your swimmer is eligible to swim at Divisionals, but will not be here on July 27, we need you to opt them out. This MUST be done before July 20 when the coaches will be doing the entries. 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.

Apparel Sale

We have extra t-shirts and sunglasses available from this year and last year. (T-shirts are available in the following sizes: youth medium, large, and extra large, and adult small, large, and 2XL.) Candice doesn't want to have to store them at her house during the off season, and neither do I. So, we are going to have a clearance sale during practice on Tuesday, July 16th! All items will be 50% off!

Spirit Nights

We will see Despicable Me 2 at Manassas Cinema (at Liberia and Mathis Aves.) on Wednesday, July 17th. Tickets are \$5/person, and the movie starts at 7:10 pm. Please see Brenda Young for tickets.

We also have a tradition of making new posters each year before 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).

Stroke Clinics

Stroke clinics wrap up this week with butterfly. This clinic is full, but there are usually a few swimmers who don't show up each day, so we are filling those slots on a first come, first served basis. Daily cost is \$5/swimmer, payable at the end of the week.

End of Season Picnic/Awards Banquet

Each season, we have an end of season picnic/awards banquet on the Sunday after Divisionals. This year, it will be on July 28th. Set up begins at 1:30, and the picnic itself will start at 3:00. 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 soda or water, and families with last names starting with L - Z to 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 for Sale

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

Results from Westridge

Congratulations on a hard fought meet against a much larger team! The final score was Westridge 2752 to BLST 2286. We had three triple winners (Neeraj Suresh Pandi, Catherine Purnell and Evan Thies), two double winners (Natalie Balderas and Nihar Bhat) and seven single winners (Kiare McCorn, Emma Knick, Kimberly Arreaga, Ariadna Sanchez, Natalie Rojas, Natalie Purnell and Ingrid Jimenez). We had 93 swimmers set personal best times in 153 splashes, including 11 swimmers who swam personal best times in all 3 individual events this week, and 24 swimmers with their first legal times for the season in at least one event.

In the process of winning all three of his individual events, Evan Thies broke the team record that he set earlier this summer in Boys 11-12 Breaststroke. Good job Evan!

Ducklings

We had 4 more Ducklings move up to Group 1 last week, including 3 who swam in Saturday's meet! Congratulations to Daila Ahbella, Jonathan Amezcuita, Alicia Merlos and Hannah Newton!

Ducks of the Week

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

Group 1: Eva Joya

Group 2: Nicole Torrico

Group 3: Yadir Argueta (1st hour); Pulak Deshpande (2nd hour)

Group 4: Jonathan Peters

Group 5: LJ Nadal

Duck



Tales

Fechas importantes

<u>Lunes, Julio 15:</u>	Reunion de padres alas 8:00 p.m.
<u>Martes, Julio 16:</u>	Venta de ropa
<u>Miercoles, Julio 17:</u>	Noche especial del equipo en Manassas Cinema la pelicula Despicable Me 2
<u>Sabado, Julio 20:</u>	Competencia de visitantes en Old Bridge Fecha limite para avisar que su nadador no podra participar en divisionales
<u>Lunes, Julio 22:</u>	Reunion de padres a las 8:00 p.m.
<u>Martes, Julio 23:</u>	Noche para lanzar el pastel al entrenador (Coach) a las 8:00 p.m.
<u>Miercoles, Julio 24:</u>	Noche de posters a las 6:00 p.m.
<u>Sabado, Julio 27:</u>	Divisionales en Westridge
<u>Domingo, Julio 28:</u>	Picnic del final de temporada en Splashdown

La competencia de esta semana

La competencia del sabado es la ultima competencia regular de la temporada. Nadaremos en Old Bridge contra los Breakers. La direccion de la piscina es: 3600 Beaver Pond Rd., Woodbridge, VA 22192. Estacionamiento en la calle Catawba Drive y Valleyhill Drive. Por favor no estacionar en bombas de agua o en el area de los townhouses. Calentamiento empieza a las 6:30 a.m., pero llegar temprano para conseguir un buen lugar para estacionar.

Las areas para los dos equipos estan en las canchas de tenis arriba de la piscina. Nuestra area es la porcion que esta mas cerca a la calle Beaver Pond Rd. Por favor prestar atencion a los eventos mientras avanzan y planear un poco de tiempo extra para poder ir a clerk of course porque tendran que caminar al rededor de las canchas hacia la piscina.

Old Bridge **NO** vendera Heat Sheets en la competencia, estas se podran bajar de su pagina web (www.obebreakers.org) despues de las 10 p.m. del jueves para la competencia del sabado. Estaran disponibles haciendo click en "Ben Lomond Meet Entries" al lado de las fotos en la pagina principal ir hasta la parte de abajo de la pagina y seleccionar "20 Jul 2013 Meet Program"

Divisionales (Parte 2)

Para ser elegibles para nadar en divisionales, los nadadores tienen que haber nadado en 2 competencias regulares, y haber conseguido tiempo legal en por lo menos 1 evento. Los nadadores solo pueden nadar en los eventos en los que tengan tiempos legales. Si un nadador es elegible pero no estara en la competencia de Julio 27, tienen que dejarle saber al entrenador antes de Julio 20 fecha en la que los entrenadores entraran los eventos finales, para ayudar con esto, habra una lista en el pavellon de arriba todos los dias hasta el 29 de Julio, para anotarse si no van a estar presentes en los divisonales.

Venta de Ropa

Tenemos camisetas y anteojos de sol de esta temporada y la anterior a la venta (camisetas disponibles en tallas: youth medium, large, y extra large, y adult small, large, y2XL.) Como nadie quiere guardarlas fuera de temporada, habra una liquidacion en la practica de Julio 16!!! Todo al 50% de descuento.

Noches especiales del equipo

Veremos la pelicula Despicable Me 2 en Manassas Cinema (en Liberia and Mathis Aves.) el miercoles 17 de Julio. La pelicula comenzara a las 7:10 pm, los tickets valen \$5/persona, buscar a Brenda Young para comprarlos. Tenemos la tradicion de hacer nuevos posters cada año para Divisionales. Este año la noche de posters sera el miercoles 24 de Julio de 6 a 9 pm en la casa de los Franklin (4609 Starting Post Ct., Gainesville, VA 20155).

Clinicas de estilo

Las clinicas de estilo terminan esta semana con Mariposa (butterfly). Las clinicas estan llenas pero no van todos los nadadores, se llenan los cupos con los nadadores presentes a \$5 por dia por nadador, pagables al final de la semana.

Picnic del final de temporada y Banquete de premiacion

Cada temporada tenemos un picnic del final de temporada y banquete de premiacion el domingo despues de divisionales, este año sera el 28 de Julio. La preparacion empieza a la 1:30, y el picnic a las 3:00pm. Cada familia debe traer un acompañamiento para la comida suficiente para alimentar una familia. Ademas familias de apellido A - K traer gaseosas o agua, y familias de apellidos L - Z una bolsa de hielo. El equipo proveera pastel, pero si deseas traer postres, perfecto. Necesitamos voluntarios como en todo evento, dejanos saber si puedes ayudar a preparar antes o despues del picnic, ayuda conla parrilla, ayudando con las bebidas. Si pueden ayudar con mesas o coolers por favor dejarnos saber.

Tickets para Splashdown a la venta

Podremos ir al parque de 7:30 - 9:30 el domingo por la noche despues del picnic y banquete. Los tickets para Splashdown estaran disponibles en las practicas por la noche y en el picnic. Los nadadores, registrados en el equipo entran gratis pero familiares y amigos necesitan comprar un ticket a solo \$2 por persona, recuerda que el parque estara abierto solo para nosotros.

Resultados contra Westridge

Felicidades a todos hicimos un excelente trabajo contra un equipo con muchisimos mas nadadores que nosotros !!! El resultado final fue Westridge 2752 to BLST 2286. Tuvimos 3 ganadores triples (Neeraj Suresh Pandi, Catherine Purnell y Evan Thies), 2 ganadores dobles(Natalie Balderas and Nihar Bhat) y 7 ganadores de 1 evento (Kiare McCorn, Emma Knick, Kimberly Arreaga, Ariadna Sanchez, Natalie Rojas, Natalie Purnell and Ingrid Jimenez). Tuvimos 93 nadadores que consiguieron sus mejores tiempos en 153 splashes, incluyendo 11 nadadores que consiguieron sus mejores tiempos en los 3 eventos, y 24 nadadores con su primer tiempo legal de la temporada en por lo menos un evento
Evan Thies rompio su propio record una vez mas!! En Boys 11-12 Breaststroke. Excelente trabajo Evan!

Ducklings

4 Ducklings mas subieron al grupo 1, incluyendo 3 que nadaron el sabado! Felicidades a Daila Ahbella, Jonathan Amezcua, Alicia Merlos y Hannah Newton!

Patos de la semana

Felicidades a los siguientes nadadores que con su actitud positiva y gran trabajo lograron el honor de ser nuestros nuevos patos de la semana!!!

Grupo 1: Eva Joya

Grupo 2: Nicole Torrico

Grupo 3: Yadir Argueta (Primera hora); Pulak Deshpande (Segunda hora)

Grupo 4: Jonathan Peters

Grupo 5: LJ Nadal