

Duck



Tales

### Results from Stonewall Meet

It was another great meet, and the temperature wasn't as hot as promised, our swimmers were! The final score was Stonewall 2267.5 to BLST 2543.5. We had four triple winners (Catherine Purnell, Ariadna Sanchez, Nihar Bhat and Natalie Purnell), two double winners (Nathalie Rojas and Kerrie Romagna) and five single winners (Troy Brown, Spencer Scott, Evan Thies, Katie Cornelius and Lucy Bennett). We also had 89 swimmers set personal best times in 150 splashes, including 15 swimmers who swam personal best times in all 3 individual events this week. Of special note, Katie Cornelius, Nathalie Rojas and Kerrie Romagna combined to win all 5 13-14 girls' individual events this week! Congratulations to everyone on a great job!

### This Week's Meet

This weekend is our second home meet of the season, and we swim against the **Dale City Frogs**. We will be in the water for the 1st warm-up session again, so be at Splashdown no later than 6:00 am, and be ready to be in the water by 6:10 am. This meet will be a tough meet, so we need to try to have even more personal best times this week.

### Thank you

Thank you very much to everyone who helped set up for the Stonewall meet! We had a huge task to get the pool set up in 45 minutes Friday night for Saturday's meet. We managed to get most things set up, including moving Concessions to the upper pavilion. We also left some things to be set up Saturday morning to avoid potential storm damage. Even with the clean up from the storm, and finishing set up, we started the meet on time.

Having said that, we need volunteers Friday night again to set up for this week's meet. Splashdown is now open until 9:00 on Fridays, so we will not be able to get in until 9:15 for set up. That means we really need everyone's help to get in and get out quickly so we can all get a good night's sleep before the meet!

### Wednesday Night Fun

Thanks to everyone who came to see Brave last Wednesday. We hope you all enjoyed the show. We are taking a break from Spirit Night this week, so you can enjoy the 4th with your family and friends.

Here is the list of Spirit Night activities for the rest of the season:

Wednesday, July 11 Pizza Night at CiCi's 5:00 - 8:00 pm

Wednesday, July 18 PuttPutt/Nathan's 5:00 - 9:00 pm

Wednesday, July 25 Poster Night (with pizza) at the Franklin's 6:00 - 9:00 pm

## **Donations for Concessions**

It may seem like we just did this (because we did), but we need more donations for Concessions this week. After Saturday's heat, we went through most of the drinks that had been donated.

### **Canned Sodas**

Coke

Diet Coke

Pepsi

Diet Pepsi

Sprite

Dr. Pepper

### **20 oz. Gatorade**

Fruit Punch

Cool Blue

Lemon-Lime

### **Bottled Water**

(No sports tops )

It really helps cut down on the confusion (and lines) at Concessions to stay with these basics. These are also our best sellers. Donations can be brought in any night during practice, or to Friday night setup.

We also need donations of fresh foods, including pasta salad (we found that noodles, a small amount of veggies, cheese, and dressing works great) and fruit salad. We also welcome any food donation from Duck fondue to breakfast casseroles to empañadas! These need to be brought to Concessions on Saturday morning.

## **Team Pictures**

As a reminder, Team Pictures will be Tuesday, July 10 during practice. We need everyone to be at the back gate at 7:00 pm. We will use this time to get everyone lined up from shortest to tallest outside the fence. Once the gate is unlocked, we will do the team photo first, then group photos, followed by individual photos. Please wear your 2012 team shirt for the team and group photos. It makes for a great picture!

## **Stroke Clinics**

There is no stroke clinic this week due to the July 4th holiday. We will wrap up clinics the week of July 9th with Butterfly.

## **Ducks of the Week!!**

Congratulations to the following swimmers, whose great attitudes and hard work earned them this week's honors!

Group 1: Mia Sanchez

Group 2: Kimberly Arreaga

Group 3: Natalie Balderas (10 & Under); Olivia Guiliani (11 & Up)

Group 4: Nathalie Rojas

Group 5: Rucha Bhat