

Duck



Tales

This Week's Meet

This weekend we swim against **Lake Manassas Blue Dolphins**. The pool opens at 6 am and warm-ups start at 6:10. The meet will begin promptly at 7 am. Warm-ups are an important preparation for the meet; please arrive on time and be ready to hit the pool. Swimmers not participating in warm-ups may be scratched from relays. This was a very close match up last year, and looks like it will be again this year!

Directions to the Lake Manassas Pool: From Interstate 66 West, take exit 43B for US Rte. 29S. Keep left at the fork and merge into the left lane following signs for US for Lee Highway/Gainesville/Warrenton US 29. Go 1.9 miles to Baltusrol Blvd and turn left at the light. Go 0.4 miles to the guard gate. After being cleared at the gate proceed through and take a right onto Turtle Point Drive. Pool is 200ft. on the right.

Volunteers Needed!

Hello Duck Families! It's sign up time again! Thank you to all who took the plunge and signed up to help with the many volunteer opportunities during Time Trials. Our meet on Saturday is at Lake Manassas and as usual, we are in need of many, many volunteers to help the meet run smoothly. We really need someone representing **each family** to volunteer during the meets! There are a wide variety of jobs to choose from--both on and off the pool deck, in the sun and in the shade, first or second shift.

The quickest and easiest way to sign up is right online. We will also have a signup sheet at practice on Tuesday evenings, but in order to get your first choice we recommend putting in your selection [online](#) ASAP.

If you have any questions about any of the jobs please ask!! There are many board members and veteran Duck families who would be happy to offer advice and suggestions.

Important Message about Meet Entries

Coaches assume all swimmers will be present and will enter them in events at the meet. If your swimmers are NOT going to be at the meet, it is very important that you update this information by **Tuesday evening** before the meet. Our team may lose points if a swimmer entered in a meet does not show up.

If you need to OPT OUT of a meet because you have vacation plans or other commitments that keep you from attending, do the following:

1. Logon to www.benlomondswimteam.com with your email account and password.
2. Click on "EVENTS" at the top toolbar.
3. Look for the June 16, Lake Manassas event. there is a button labeled "Attend This Event" to be selected.
4. At the bottom of the page, each swimmer should be listed under member name.

5. Click on the swimmer's name
6. You will see an option called "Declaration." The drop-down arrow gives you the ability to say, "No thanks [swimmers name] will NOT attend this event" and leave an optional note why they will not be there.
7. Click "Save Changes" and you are done. Your child will not be entered in the meet.

There also will be a paper roster in the upper pavilion that can be used to Opt Out during practices if you can't get to a computer.

Wednesday Night Fun

Wednesday nights are team spirit nights and we're gearing up for fun this summer.

Our first Wednesday night activity is scheduled for Wednesday, June 13th, 5:00 - 8:00 p.m. Please join the team at Roy Rogers at 8699 Sudley Road, Manassas (across from Prince William Hospital). Bring your friends and family and tell them you are with BLST, and BLST will receive 25% of your purchase as a donation.

Check future newsletters for more fun events! We will have something every Wednesday except July 4th.

Team Suits

You still have one more chance to order a team suit in time for our 1st meet of the season. Sample suits will be available Monday and Tuesday for sizing. Orders must be placed and paid for online at www.riptideswimandtri.com. Connie Goulet will pick up orders Thursday morning, and bring them to practice on Thursday evening. Suits can also be ordered on the BLST website through GetOutSwim.com and these will be sent to your home.

Stroke Clinics

Stroke Clinics will be starting soon. This is an opportunity for your swimmer to get extra assistance with individual strokes. Each clinic will be Monday, Tuesday, Thursday and Friday 8:30 - 9:30 a.m., and is right after morning practice. Space is limited to 25 swimmers on a first come - first served basis to keep coach-to-swimmer ratios low. The dates for each clinic are as follows:

Back	June 18 - June 22
Breast	June 25 - June 29
Butterfly	July 9 - July 13

The cost is \$45 if you register for all three clinics, or \$18 each. Please make checks payable to BLST, and give them to Marcia Thies or Therese Romagna at evening practices.

Ducks of the Week!!

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

Group 1: Renee McFarland

Group 2: Sydney Vazquez

Group 3: Troy Brown (10 & Under); Emmanuel Cardosa (11 & Up)

Group 4: Tyler Sutherland

Group 5: Next Week