

Duck



Tales

Results from Lake Manassas Meet

Congratulations on a great meet! In case you didn't make it to Big Joe's after the meet, and haven't had a chance to check out the results online, the final score was **Lake Manassas - 2087; Ben Lomond - 2317**. This was a huge improvement over last year's meet when we only beat them by 3 points. We had 2 triple winners (Catherine Purnell and Nihar Bhat), 2 double winners (Emma Knick and Kiare McCorn) who combined to win all 4 individual 8 & Under Girls events, and 9 single winners (Jorge Joya, Spencer Scott, Evan Thies, Nathan Moya, Nathalie Rojas, Miguel Nadal, April Young, Andrew Franklin and Daniel Utt). Equally importantly, we had 75 swimmers with personal best times in 113 splashes. Keep up the great work!

This Week's Meet

This weekend we swim against **Meadowbrook Woods Makos**. We will be in the water for the 2nd warm-up session, so be at the pool by 6:15 am, and be ready to be in the water by 6:30 am. It is always a good idea to get there early though, because this is a neighborhood pool with a very SMALL parking lot!

Directions to the Meadowbrook Pool: Follow Rt. 234 S/Prince William Parkway to Meadowgate Drive. (It is on the left between Purcell Road and Hoadly Road.) Turn left onto Meadowgate Drive. Take the 1st right onto Superior Ct. The pool is on the right.

The address is:

13200 Superior Ct
Manassas, VA 20112

Fun at the Ballfield

Announcing a fun-filled swim themed night at the Potomac Nationals!!! All Prince William Swim League Teams are invited to attend. Swim Night at the P-Nats is being held on Tuesday, June 26th at 7:05pm. The ceremonial first pitch is being thrown out by our very own Dennis Miller, PWSL President. Dennis has graciously accepted this honor and it is our pleasure to recognize him for his many years of dedication to our league. Swimmers must show their swim caps and get a free 12 oz. soda ticket to be redeemed that evening at the main concession stand. **All tickets must be purchased online.** Go to www.potomacnationals.com and click on the Community tab. Scroll down to Fundraisers. Towards the bottom of this page it says to Click here if you're part of an existing fundraiser group. Go ahead and Click here

and then enter the password ~backstroke. We plan to make a splash outside of the pool!! Join us on June 26th at 7:05pm. First pitch will be thrown out around 6:45pm so get there early!!! Tailgaters welcome!!!

Wednesday Night Fun

Our next Wednesday night Spirit Night is scheduled for Wednesday, June 20th, 5:00 - 8:00 p.m. Please join the team at Juke Box Diner at 8639 Sudley Road, Manassas (across from Prince William Hospital). Bring your friends and family. The team will receive a portion of the receipts that we collect for the night. (We will have a jar for you to drop your receipt in before you leave.)

Check the website for more fun events! We are planning to have a movie night next Wednesday, June 27. We will be seeing Brave at the Manassas Cinema at 6:30 pm. Tickets are on sale at evening practices for \$4.00. See Brenda Young for details.

Are You Missing a Table?

When we had our BLST Yard Sale in May, several families answered our call, and brought tables (and a door) that we could use to display our wares. If you are one of those families, and you did not get your tables or door back, please let a board member know. Kim Taylor still has several at her house, and would be more than happy to return them to you.

Stroke Clinics

As a reminder, Stroke Clinics started this Monday. Each clinic will be Monday, Tuesday, Thursday and Friday 8:30 - 9:30 a.m., right after morning practice. This week's clinic is Backstroke. Next week's clinic will be Breaststroke. Butterfly will be the week of July 9. (There will not be a clinic the week of July 4.)

Ducks of the Week!!

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

Group 1: Paola Bonilla

Group 2: George Herrera

Group 3: Joseph Arnold (10 & Under); Cole Newcome (11 & Up)

Group 4: Jason Thies

Group 5: Andrew Franklin