

Duck



Tales

### Results from Dale City Meet

It was a tough meet between the heat and a strong opponent. The final score was Dale City 2765 to BLST 2193. We had five triple winners (Catherine Purnell, Spencer Scott, Nihar Bhat, Natalie Purnell and Nicholas Hoffman), two double winners (Emma Knick and Ariadna Sanchez) and three single winners (Troy Brown, Parker Sutherland and Alexander Hoffman). We also had 80 swimmers set personal best times in 124 splashes. Of special note, Natalie Purnell broke her second record of the season. This time it was the 15-18 Girls' IM record set by our own Coach Kerri in 1994. The new record is 1:11.41, which is 0.75 second faster than the old time. Way to go!

### This Week's Meet

This weekend is our third, and final, away meet of the season. We swim against the **Wellington Dolphins** in their **10-lane** pool, located at **9700 Wellington Road, Manassas**. We will be in the water for the 2nd warm-up session, so be there no later than 6:15 am, and be ready to be in the water by 6:30 am. This meet will be a tough meet, so we need to try to have even more personal best times than this past week.

There are a few special notes about swimming at Wellington. Because they have 10 lanes, this meet will go quickly. It also means, though, that we need more volunteers for each shift. Please make sure to sign up! Wellington has also chosen not to sell psych sheets. You will need to go to their website ([www.wellingtondolphins.com](http://www.wellingtondolphins.com)), to print your own if you want a copy. It will be listed under "Breaking News" on their homepage.

### Thank you

Thank you very much to everyone who helped set up for the Dale City meet! We had a great turn out, and got everything done quickly. Now we need to get more people helping during practice. There are always jobs that we need help with like bringing up the mail boxes, sorting ribbons to put into the mailboxes, setting up the backstroke flags and carrying donations down to the closet. If you're not sure what we need help with, just ask a board member.

### Wednesday Night Fun

After taking a week off from Spirit Night for July 4th, we are ready to dive back in! We will be at CiCi's Pizza (10338 Festival Lane, Manassas, VA 20109) from 5:00 to 8:00 pm on Wednesday. As a friendly note, CiCi's only takes cash and credit cards. No personal checks please.

Here are the remaining Spirit Nights for this season:

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

## Team Pictures

Team Pictures are Tuesday during practice. We need everyone (regardless of whether you are in the early or late practice) to be at the back gate at 7:00 pm. We need 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!

## Stroke Clinics

This is the last week for stroke clinics. We are wrapping up with Butterfly July 9 -13.

## Divisionals

As hard as it may be to believe, we only have 2 regular meets left before Divisionals. For those of you who are new to the team, this is our championship meet, and it is run a little differently than our normal meets. For one thing, we swim against 2 other teams, which means that the points for each event are potentially higher than our normal meets. (For more information about scoring check out [http://www.teamunify.com/recpwsblbfd/UserFiles/Image/PWSL/PWSL\\_scoring.pdf](http://www.teamunify.com/recpwsblbfd/UserFiles/Image/PWSL/PWSL_scoring.pdf).)

Another difference has to do with meet entries. Normally, anyone can swim up to 3 individual events, regardless of whether they have a legal time or not. That is not the case for Divisionals. Swimmers may still swim up to 3 individual events, but they must have a legal time in those events. They also must have participated in 2 different meets, not including Time Trials. Coaches also have to decide what everyone is swimming much earlier for Divisionals than any other meet. Normally, coaches have until Wednesday morning to figure out who will swim each event on Saturday. For Divisionals, though, they have to figure it out Saturday afternoon, July 21, right after we swim our last home meet.

So, what this means for parents is that if your swimmer does not have a legal time in an event, they will not be able to swim that event at Divisionals. It also means that if your swimmer is eligible to swim at Divisionals, but they will not be here, we need you to opt them out before July 21. To help with that, we will have a roster at practices from now until then to let you opt out your swimmers if they are going to miss Divisionals.

## Ducks of the Week

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

Group 1: Samantha Rowe and Eva Joya

Group 2: Tatyana Thompson

Group 3: Jackelyn Mollo (10 & Under); Katie Rojas (11 & Up)

Group 4: Jonathan Peters

Group 5: Gregory Rojas