

Duck Tales

Important Dates

<u>Monday, June 24th:</u>	Start of Backstroke Clinic: 8:30 am - 9:30 am Parents Meeting @ 8:00 pm
<u>Saturday, June 29th:</u>	Home meet against Lake Manassas
<u>Thursday, July 4th:</u>	No practice - enjoy the time with friends and family
<u>Saturday, July 6th:</u>	Home meet against VA Oaks

Results from Urbanna

Congratulations on a great meet! The final score was Urbanna 1708 to BLST 2799. We had five triple winners (Kiare McCorn, Neeraj Suresh Pandi, Evan Thies, Nihar Bhat and Natalie Purnell), five double winners (Emma Knick, Catherine Purnell, Ariadna Sanchez, Spencer Sutherland and Nathalie Rojas) and thirteen single winners (George Herrera, Jorge Joya, Caitlin Franklin, Pulak Deshpande, Daniela Sejas, Kimberly Arreaga, Natalie Balderas, Spencer Scott, Emmanuel Cardoso, Steven Moyer, Jonathan Peters, Cerrina Ramirez, and Miguel Nadal). We also had 77 swimmers set personal best times in 129 splashes, including 8 swimmers who swam personal best times in all 3 individual events this week. For the second week in a row, Natalie Purnell set a new team record. This time she broke her own record in Girls 15-18 100 Meter Individual Medley, with a new time of 1:10.84. And, more significantly, she set the new Girls 15-18 50 Meter Backstroke record, with a new time of 32.76, breaking a record held by Tiffany Seal since 1997! Congratulations to everyone on a great job.

This Week's Meet

Our meet on Saturday is our first home meet of the season, and will be against the Lake Manassas Blue Dolphins. This means that we need volunteers to help set up Friday night, and additional volunteers on Saturday. Pool gates open at 6:00 am Saturday morning. Swimmers should be ready to get in the pool by 6:10 am.

Are You Planning to Miss a Meet?

If you are planning to miss a meet, please remember to Opt-out your swimmer by Tuesday, let a board member know (you can always reply to an e-mail we sent out), or contact Vanessa Arreaga, our volunteer coordinator. We appreciate all of the parents who either opted out your swimmers this past weekend or let us know they would not be there. We had fewer swimmers who missed their events, and we knew most would miss before Saturday morning, which made it easier for us to adjust relay entries. Unfortunately, there were still several who did not opt out or let us know, and have missed multiple meets. Those swimmers will not be entered in individual events again until they either go online, and Opt-In, or let a coach or board member know that they will be at a meet.

Apparel

We still have suits to give out. Candice Purnell, our apparel person, will be at practice Monday and Tuesday of this week, and will be bringing the remaining suits to practice those nights. After that, she will not bring

them to practice anymore, and families will need to contact her directly at cgpurnell@hotmail.com to arrange to get their suits.

Also, we have extra t-shirts and sunglasses available for sale. T-shirts are available in the following sizes: youth medium, youth large, youth extra large. Adult small, adult large, adult 2XL. The t-shirt price is \$10, and the sunglasses are available for \$5/pair. After this week, these will be available for sale on Monday nights and during home meets at the concession stand.

Donations Needed for Concessions

We need donations for Concessions this week. Since this is our first home meet of the season, we are low on everything, but here is a list of things that we need most:

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 empanadas! These need to be brought to Concessions on Saturday morning.

Stroke Clinics

Stroke Clinics start this week. 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. There are only a few slots left for each clinic, so make sure to sign up now. The dates for each clinic are as follows:

Back	June 24 - June 28
Breast	July 8 - July 12
Butterfly	July 15 - July 19

The cost is \$50 if you register for all three clinics, or \$20 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 the honor of being the first Ducks of the Week for the season!

Group 1: Afton Scoresby

Group 2: Sydney Vasquez

Group 3: Kiare McCorn (10 & Under); Alexis Acosta (11 & Up)

Group 4: Alejandra Herrera

Group 5: William Arnold