

Duck



Tales

### Results from Meadowbrook Meet

It was a very close meet, and the final score doesn't tell the whole story (Meadowbrook 2300 vs BLST 2261). We had five triple winners (Emma Knick, Evan Thies, Natalie Rojas, Nihar Bhat and Nicholas Hoffman), one double winner (Natalie Purnell), six single winners ( Jackelyn Mollo, Catherine Purnell, Jonathan Peters, Kerrie Romagna, April Young and Alexander Hoffman) and 89 swimmers set personal best times in 148 splashes. Natalie Purnell also broke the record for 15-18 Girls Breaststroke by 1.34 seconds, setting a new standard of 36.52 seconds! You did a great job against a tough opponent!

### This Week's Meet

This weekend is our first home meet of the season, and we swim against **Stonewall Park Exploration**. We will be in the water for the 1st warm-up session, 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 warm-up for divisionals, so come ready to swim!

### Wednesday Night Fun

This week's Spirit Night will be seeing **Brave** at Manassas Cinema (Wednesday, June 27 at 6:30 pm). Tickets **MUST** be purchased in advance. Brenda Young will be selling tickets during practice for \$4.00 each.

We will take a break from Spirit Night activities next week. (How could we hope to compete with fireworks?) We will start up again on Wednesday, July 11 with more fun.

### Donations for Concessions

It's that time again! Saturday, June 30 is the first home meet of the season. For all of the new Ducks, we'd like you to know the team uses donations to concessions to help keep the registration fees down. This year, we would like to try to limit our donations to the following:

#### 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 donation of pasta salad (we found that noodles, a small amount of veggies, cheese, and dressing works great, or just noodles and dressing is good too). Fruit Salad is also a big seller. We welcome any food donation from breakfast casseroles to empañadas! We will need these brought to Concessions on Saturday morning.

### **Team Pictures**

It's almost that time again. Team Pictures will be Tuesday, July 10 during practice. In order to make this go as smoothly as possible, 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.

We ask that everyone wear their 2012 team shirt for the team and group photos. It makes for a great picture!

### **Stroke Clinics**

As a reminder, we are up to our second stroke clinic. This week's clinic is Breaststroke. Butterfly will be the week of July 9. (There will not be a clinic the week of July 4.)

### **Olympic Trials**

Olympic Trials are underway for the 2012 Olympics in London. As exciting as that is, it's even more exciting for the Ducks. Former swimmer and stroke coach James Crabb is competing in Men's 200m Fly on Wednesday, June 27, and Men's 100m Fly on Saturday, June 30. The preliminaries will be webcast live. There is a link on the team website so you can keep up with James as he swims in his first Olympic Trials!

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

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

Group 1: Audrey Peters

Group 2: Rachel McFarland

Group 3: Rachel Wilson (10 & Under); Megan Sjoquist (11 & Up)

Group 4: Kerri Romagna

Group 5: LJ Nadal