

Duck



Tales

Important Dates

<u>Monday, June 10th:</u>	Parents Meeting @7:45 pm
<u>Saturday, June 14th:</u>	Away meet @ Stonewall Park
<u>Monday, June 17th:</u>	1 st lesson of Session II for Ducklings Parents Meeting @ 7:45 pm
<u>Tuesday, June 18th:</u>	Evening Practice shifts to 7:15 pm - 8:15 pm or 8:15 pm - 9:15 pm
<u>Wednesday, June 19th:</u>	1 st Morning Practice: 7:30 am - 8:30 am (NOTE: this is a change)
<u>Saturday, June 21st:</u>	Away meet @ Urbanna

Swim Meet at Stonewall Park

Now that we have had a chance to dust off some of the cob webs, and remember (or learn) what all is involved in a meet, it's time to face our first opponent of the season. We will be swimming at Stonewall Park which is located at 8351 Stonewall Road, Manassas, VA 20110. (For the veterans on the team, it has been roughly ten years since we swam at Stonewall.) The pool opens at 6 am and our warm-ups start around 6:35 am. 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, which can cost the team points. We beat Stonewall twice last year, and we would like to keep the streak alive!

Volunteers Needed

BLST relies heavily on volunteers. Time Trials has the highest demand for volunteers because there isn't another team to share the responsibilities. Having said that, we need volunteers every week, and this week is no exception. Feel free to sign up for the slot you are most comfortable with, and if you haven't found it yet, feel free to try something new. You can even sign up for more than one meet if you have a favorite job. (Job signup has been activated for the first two meets.) And if you have a special talent such as photography or singing, just talk to a Board Member. There is always something that you can do to help.

Are You Planning to Miss a Meet?

We had a lot of swimmers who were entered in events for Time Trials, but did not show up. Our coaches assume all swimmers will be present and will enter them in the events that they believe will earn the team the most points 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 is entered in a meet and 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 meet you expect to miss, for example, the Stonewall Meet. There is a button labeled "Edit Commitment" 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 "Sign-up Record". 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.

Please note, you need to do this for each swimmer and each meet that they will miss.

There will also 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.

Ducklings Update

As most of you know, Session I for the Ducklings is full, and we have several swimmers on the waiting list for Session II. To ensure that everyone is given the opportunity to participate in the program, we will be offering a second lesson time of 8:10 - 9:00 for Session II. If you would like to have your swimmer in the second group, please see Tracie Franklin. Otherwise, older swimmers and swimmers with siblings practicing in the second hour will be given priority for this group. Every effort will be made to have siblings in the pool at the same time.

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, but we will be able to accommodate a few more this year. We will take the first 42 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 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

Starting next week, this section will include our Ducks of the the Week. Typically, a swimmer is selected from each group by their coach based on a combination of performance (including personal bests, not just winning an event), persistence and positive attitude. Each Duck of the Week will receive a special item for their efforts, and will be recognized at the parents meeting on Monday. We will also use this time to recognize any swimmers who have completed the Ducklings Program, and are moving up to the swim team.