

Duck



Tales

Important Dates

<u>Monday, June 3rd:</u>	Parents Meeting @7:45 pm 1 st lesson for Ducklings
<u>Tuesday, June 4th:</u>	Volunteer Training Night
<u>Wednesday, June 5th:</u>	Spirit Night at CiCi's Pizza Officials clinics at Occoquan Bible Church
<u>Thursday, June 6th:</u>	Volunteer Training Night
<u>Saturday, June 7th:</u>	Time Trials
<u>Saturday, June 14th:</u>	Away meet @ Stonewall Park
<u>Tuesday, June 18th:</u>	1 st Morning Practice (7:30 am - 8:30 am) Evening Practice shifts to new time (7:15 pm -8:15 pm or 8:15 pm - 9:15 pm)

Parents Meeting/Special Election of Board Members

BLST has a Parents Meeting every week during the summer season, except the very first week when we are still trying to sort everything out. That means our first Parents Meeting of the season is this Monday, June 3rd. In an effort to ensure that swimmers from all groups get as much time in the water, we have the meeting near the end of the first group's practice time, knowing that it will run over into the second group's time. For now, that means that the Parents Meeting is at 7:45 pm. Once school is out, however, it will shift to 8:00 pm.

We always use the Parents Meeting to share important information with the team, but this week's Parents Meeting is especially important. During the spring, our team President, Chris Wilson, resigned. Our Vice President, Gerry Peters, has agreed to take on the responsibilities of President, and Corey Brown has offered to take on the role of Vice President. In order for that to happen, though, we must put it to a vote before the entire team, so we will be using the first part of the Parents Meeting for this. We will also spend time talking about our plans for volunteer training sessions to be run during practice Tuesday and Thursday.

Swim Suits and Team T-shirts

We have received most of our swim suits and team t-shirts. Our little elves are working diligently to sort them all and have them ready for delivery during practice on Tuesday. In order to receive them, though, we must have a signed, completed 2013 Parental Participation Agreement Form. If you have not done this yet, please take a few moments to do so.

Spirit Night

Now that the summer swim season is in full swing, we are ready for our first Spirit Night of the season. This one will be at CiCi's Pizza beside Global Foods on Sudley Road from 12:00 pm until 8:00 pm. Feel free to invite all of you friends and family, and make sure that they know to tell the cashier that they are with the Ben Lomond Swim team. The team will receive a portion to the receipts from everyone who says they are with the team, so the more the merrier.

We are also working on several more spirit nights, including a night of Putt Putt at the Magic Castle, Nathan's Ice Cream, and rock climbing at Vertical Rock.

Time Trials

The first swim meet of the 2013 season (Time Trials) is this Saturday. Please be at Splashdown by 6:00 am. Warm ups will be at 6:30 and the time trials will begin at 7 am. Group 1 and 2 swimmers will swim only the events chosen by their coaches. Swimmers in Groups 3 and up should expect to swim all events.

Time trials serves two purposes. Not only does it give the swimmers a chance to get used to the meet format again, but it also gives the parents a chance to practice running a meet. That means we will be doing things just like we will for actual meets, except that we will not be competing against another team. Since we will be the only team in the "meet," we will be able to finish earlier than we would if another team were present.

To sign up for a volunteer position for Time Trials or any other meet, please go to our website (www.benlomondswimteam.com) for a list of available positions and time slots. The volunteer sign-ups are on a first come, first served basis, so sign up early to get your desired post. If you have forgotten your password, click on the "Here" link on the login page and you will be re-directed to submit your account email address. Your password will then be mailed to you immediately.

Volunteers Needed

BLST relies heavily on volunteers. As we mentioned before, we will be running several clinics this week to give parents a chance to try their hand at the different positions required to run a successful meet. Please plan on participating in one of these sessions. We will run the sessions as if they are part of an actual meet, and will be covering the following positions: Set up (for meets and practices), Clerk of course (8&Under and 9&up), Timers, Recorders, Runner, Scoring, Computers/Data Entry, Verifying, Concessions and Clean up. We will also offer a tutorial on how to sign-up on-line for volunteer positions, and how to uncommit your swimmers from meets. If you can't help out during meets, there are also plenty of ways that you can help during practice. 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.

Data Entry Volunteer Needed

Did you ever wonder how the results get posted at every meet? There is always at least one person from the team who enters the swimmers' times into a database and prints them off so they can be verified and posted. Unfortunately, the person who did this most of the season last year has to work Saturdays this year. That means that we need a new person to take on this important task. We will provide training, and you can always walk away to watch your swimmers. If you are interested, please contact a Board member ASAP.

Last Chance for Officials Training

A final training session will be held on Wednesday, June 5, 7:00-9:00 PM at the **Occoquan Bible Church**, 3700 Old Bridge Rd, Woodbridge, VA 22192 for Stroke and Turn Officials, Starters, Referees, Clerk of Course, Computer, and Meet Manager/Head Timer (this is new this season). You don't have to be a former swimmer to be an official, but you do need to attend one of two clinics offered at the beginning of the summer swim season. Once you do that, we will make sure to provide additional on the job training through out the season.

Opportunity for FREE Registration Still Available

We are still looking for a Concessions Manager. We have a great group of people who help with concessions, but we really need someone to take on the task of organizing everything for our 4 home meets (Time Trials, Virginia Oaks, Lake Manassas, and Westridge). In recognition of the amount of effort that this position takes, we are giving free registration for one swimmer to the person who takes on this responsibility. Please contact a board member if you are interested in or have questions about this position.