

Duck



Tales

Important Dates

<u>Monday, June 17th:</u>	1 st lesson of Session II for Ducklings Parents Meeting @ 7:45 pm
<u>Wednesday, June 19th:</u>	1 st Morning Practice: 7:30 am - 8:30 am Putt-putt and ice cream 5:00 - 8:00 pm
<u>Thursday, June 20th:</u>	Evening Practice shifts to 7:15 pm - 8:15 pm or 8:15 pm - 9:15 pm
<u>Saturday, June 21st:</u>	Away meet @ Urbanna
<u>Monday, June 24th:</u>	Start of Backstroke Clinic: 8:30 am - 9:30 am Parents Meeting @ 8:00 pm
<u>Saturday, June 28th:</u>	Home meet against Lake Manassas

Results from Stonewall Meet

Congratulations on a great first meet! The final score was Stonewall 2248 to BLST 2480. We had five triple winners (Emma Knick, Evan Thies, Ariadna Sanchez, Nihar Bhat and Natalie Purnell), three double winners (Catherine Purnell, Spencer Scott and Nathalie Rojas) and nine single winners (George Herrera, Neeraj Suresh Pandi, Yadir Argueta, Natalie Balderas, Devon Cooper, Jonathan Peters, Spencer Sutherland, LJ Nadal and Rucha Bhat). We also had 78 swimmers set personal best times in 137 splashes, including 14 swimmers who swam personal best times in all 3 individual events this week. Of special note, Natalie Purnell set a new team record in Girls 15-18 50 Meter Breaststroke, with a new time of 36.16, beating her previous record by 0.36 second! Congratulations to everyone on a great job.

This Week's Meet

Our second meet of the season will be against the Urbanna Otters. Their pool is located at 8030 Urbanna Road in Manassas. There is a small parking lot at the pool, with additional parking available at the school across the street. Pool gates open at 6:05 am, and warm ups begin at 6:30 am. Please note that Urbanna's pool only has 5 lanes, and is very shallow at one end (so make sure your flip turns are good and tight).

Are You Planning to Miss a Meet?

We still had a lot of swimmers who were entered in events for last Saturday's meet, 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. You can do this online, or by completing the form that we have in the pavilion at the top of the hill. If you were entered in events for this week, and didn't swim, and the same thing happens again, you will have to opt in for subsequent meets, or be deck entered which means you won't be able to earn points for the team.

Wednesday Night Fun

We try to plan several activities for the team on Wednesday nights throughout the season. We had a night at CiCi's Pizza before Time Trials, and have several more planned before Divisionals. Our next spirit night is this Wednesday at The Magic Putting Place and Nathan's Dairy Bar conveniently located next to each other on Mathis Avenue. Come join your fellow Ducks and Ducklings for an evening of miniature golf and refreshment!

Here is the list of Spirit Night activities for the rest of the season:

Wednesday, June 19th: PuttPutt/Nathan's 5:00 - 8:00 pm

Wednesday, July 10th: Rock Climbing at Vertical Rock (more details later)

Wednesday, July 24th: Poster Night

Ducklings Update

We have officially completed Session I of the Ducklings Program, and are starting Session II. Three swimmers completed Level 3 in spite of several rain outs, and will be joining Group 1 of the swim team on Monday. Congratulations to Libby Bair, Nate Bair and Jonathan Posado for completing Level 3!

To ensure that everyone who wants to is given the opportunity to participate in the program, we are offering a second lesson time of 8:10 - 9:00 for Session II. Lesson times have been sent to all participants' parents. If you know of anyone else who is interested in participating in the Ducklings, please contact Tracie Franklin at traciewf@gmail.com.

Stroke Clinics

Stroke Clinics will be starting next 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. Registration has started already, and slots will be filled on a first come-first served basis. 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: Jeremy Wells

Group 2: Helen Sosa

Group 3: Natalie Balderas (10 & Under); Jocelyn Mollo (11 & Up)

Group 4: Steven Moyer

Group 5: Greg Rojas