

Duck



Tales

Important Dates

<u>Monday, July 1st:</u>	Parents Meeting @ 8:00 p.m.
<u>Thursday, July 4th:</u>	No a.m. or p.m. practice - enjoy the time with friends and family
<u>Saturday, July 6th:</u>	Home meet against VA Oaks Money due for Vertical Rock
<u>Monday, July 8th:</u>	Parents Meeting @ 8:00 p.m.
<u>Tuesday, July 9th:</u>	Picture night - everyone arrive at 7:00 p.m. to start lining up
<u>Wednesday, July 10th:</u>	Spirit Night at Vertical Rock
<u>Saturday, July 13th:</u>	Home meet against Westridge

Results from Lake Manassas

Congratulations on a great meet! The final score was Lake Manassas 1883 to BLST 2632. We had two triple winners (Natalie Balderas and Evan Thies), five double winners (Emma Knick, Spencer Scott, Steven Moyer, Nihar Bhat and Andrew Franklin) and nine single winners (Ronald Hernandez, Sydney Vazquez, George Herrera, Kiare McCorn, Pulak Deshpande, Yadir Argueta, Neeraj Suresh Pandi, Ariadna Sanchez, and Natalie Rojas). We also had 84 swimmers set personal best times in 159 splashes, including 21 swimmers who swam personal best times in all 3 individual events this week, and 10 swimmers with top 25 times in PWSL for the week. For the third week in a row, team records were broken, this time, by 2 different swimmers. Natalie Purnell broke her own record in Girls 15-18 100 Meter Individual Medley again, with a new time of 1:09.93, dropping almost a full second from last week's time. Evan Thies joined her this week, breaking the Boys 11-12 50 Meter Breaststroke record established in 1993, with a new time of 38.69! Congratulations to everyone on a great job.

This Week's Meet

Our meet on Saturday is our second of three home meets for the season, and will be swimming against the Virginia Oaks Sea Devils. 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.

In keeping with the times, we will **NOT** be selling Heat Sheets at the meet on Saturday. (We are one of the last teams to make this change.) You should be able to download them from our website after noon Friday for Saturday's meet. They will be available by clicking on "Meet Programs" next to the pictures on the home page.

Are You Planning to Miss a Meet?

Please remember to Opt-out your swimmer by Tuesday night if you are going to miss a meet. If you can't do this online, you can use the list in the back of the mail boxes, 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 opted out your swimmers recently by one of these methods. We had fewer swimmers who missed their events, and we knew about most of them before Saturday morning. As a result, our "No Swims" have dropped drastically and we have been able to adjust our relays before the meet.

Apparel

We still have a few suits to give out. At this point, if you have not received your suit, you will need to contact Candice Purnell, our apparel coordinator, directly at cgpurnell@hotmail.com to arrange to get them.

We have extra t-shirts and sunglasses available for sale both from this year and last year. T-shirts are available in the following sizes: youth medium, large, and extra large, and adult small, large, and 2XL. This year's t-shirts

are \$10, while previous year's shirts are \$5. Sunglasses are \$5/pair. They will be available for sale on Monday nights and during home meets at the concession stand.

Donations Needed for Concessions

In case you haven't noticed, there are big changes at concessions this year (and we think they are great!) As a result, we are changing the standard list of items that we are asking for. We are well stocked for water right now, but could still use some of the following:

Drinks	Candy	
Diet Soda (2-3 cases total)	Fruit by the Foot	Nerd Ropes
20 oz. Gatorade (all flavors)	Fruit Gushers	X-treme Candy
	Push Pops	Airheads
	Baby Bottle Pops	Sour Patch Kids

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 tamales and cookies! These types of items need to be brought to Concessions on Saturday morning.

Donations can be brought in during any practice, Friday night set up or early Saturday morning, but it helps if you can let our Concessions co-ordinator, Kate Larson, know by Tuesday what you are planning to bring so she can plan her shopping and pricing lists.

You can also buy a pre-paid card for concessions. The card costs \$20, but you can use it to purchase \$25 worth of concessions items, and you can tell us who is allowed to use the card. This way, you don't have to remember to bring cash for the meet.

Spirit Night

We have a new activity planned for Spirit Night on Wednesday, July 10th. We are planning a night of rock climbing at Vertical Rock in Manassas. Please see the flyer in your mail box, or on the team website for details. Money for this activity is due to Brenda Young by Saturday, July 6th to allow time to plan for the necessary staff.

Stroke Clinics

We have completed our first stroke clinic of the season, and will be taking a short break due to the July 4th holiday. Clinics resume next week with breaststroke.

Team Picture Night

We will be doing Team Picture Night on Tuesday, July 9th. You will be able to order individual, group and team pictures at that time. Please show up early (7:00 p.m. for EVERYONE) so we can start lining everyone up before the gates open. Everyone should wear their team issued suit, and the Ducklings should wear their team shirts. Also keep in mind that we need to keep the upper pavilion clear while we are doing the team photo.

Ducks of the Week

Congratulations to the following swimmers, whose great attitudes and hard work earned the honor of being our newest Ducks of the Week!

Group 1: Audrey Peters

Group 2: Christopher Pineda

Group 3: Tatyana Thompson (10 & Under); Rousee Rojas (11 & Up)

Group 4: Evan Thies

Group 5: Ari Sanchez