

# Duck



# Tales

## **Important Dates**

<u>Saturday, May 4<sup>th</sup>:</u>	Last Winter Clinic Drop off items for Yard Sale Dead-line for Apparel orders
<u>Wednesday, May 8<sup>th</sup>:</u>	Spirit Night at Roy Rogers
<u>Saturday, May 11<sup>th</sup>:</u>	Drop off items for Yard Sale
<u>Friday, May 17<sup>th</sup>:</u>	Drop off items for Yard Sale
<u>Saturday, May 18<sup>th</sup>:</u>	Yard Sale
<u>Tuesday, May 28<sup>th</sup>:</u>	Summer Practice Starts at 7:00 pm for 10 & Under; 8:00 pm for 11 & Up!
<u>Saturday, June 1<sup>st</sup>:</u>	Stroke and Turn (and other) clinics at Sudley Pool
<u>Wednesday, June 5<sup>th</sup>:</u>	Stroke and Turn (and other) clinics at Occoquan Bible Church

## **Yard Sale**

The 5<sup>th</sup> Annual BLST Flying Ducks Yard Sale is almost here! This year's sale will be held Saturday, May 18<sup>th</sup>, at the Rowe's home on the corner of Sudley Manor and Dublin.

Have you started your spring cleaning? Do you have boxes of items you are itching to get out of your house?

Please consider donating your items. Requested Items include: books, games, toys, household items, children's clothes, furniture, bikes, tools, jewelry, etc. Please NO computers or monitor as they do NOT sell and are difficult to dispose of.

Items can be dropped off at any of the following locations and times:

- ★ Saturday, May 4<sup>th</sup>, 1:00 – 2:00 pm at Manassas Park Self Storage (8499 Euclid Ave, Manassas Park)
- ★ Saturday, May 11<sup>th</sup>, 1:00 – 2:00 pm at Manassas Park Self Storage (8499 Euclid Ave, Manassas Park)
- ★ Friday, May 17<sup>th</sup>, 6:00 – 7:00 pm at Stonewall Middle School (10100 Lomond Dr, Manassas)

Do you have items that you want out of your house but don't have a way to get them to us? Email Coach Karri ([guils11@aim.com](mailto:guils11@aim.com)) no later than Tuesday, May 14<sup>th</sup>, and she'll coordinate the pickup of those items between 3:30 – 5:30 pm May 17<sup>th</sup>. She'll even bring a couple of folks to help with the lifting!

We also need tables, tarps and tents (rain or shine). You can drop them off at any of the above locations (please label them) and then pick them up towards the end of the yard sale.

You don't have any items to donate? No problem! Consider volunteering your time to the team to help setup for the yard sale, beginning at 6:30 am May 18<sup>th</sup>, sell items during the sale, or bring baked goods (cookies, brownies, etc.). This is a large fundraiser for the team and the proceeds help to keep the registration costs down, so please consider making donations and volunteering your time.

## **Summer Registration and Swim Suit Orders**

We are looking forward to our summer swim season and we hope to see you there. If you are planning to register your child(ren) with our team this year, we encourage you to do so as soon as possible! We have changed things up a bit this year, and everyone will receive a race suit with their registration for the team. However, to ensure we have the right-sized suit for each swimmer, we must order early--now, if possible. Candice Purnell will be placing the first order for these suits this week. Swimmers who have their registrations completed by then will have the best chance of getting the correct size in time for competition. After this time, Speedo starts to run short on sizes. It is very important to register early!

While children who are registered for the Ducklings Program will not receive a swim suit, it is important to include their suit size too. If they complete the 3rd level before the end of the season, they will receive a suit

when they transition over to the Ducks. That means we need to make sure we have the right size suit for them as well.

### **Apparel Orders - Deadline is May 4!!!!**

We have spirit wear items available through Riptide Swim and Tri this year. These include sweatshirts, visors, flannel pants, mesh shorts and collared shirts. If you would like to have any of these items by the time competition starts in June, we urge to place your order right away at :

[www.riptideswimandtri.com/cgi/commerce.cgi?search=action&category=1620](http://www.riptideswimandtri.com/cgi/commerce.cgi?search=action&category=1620)

These items must be ordered from the above website BY THIS SATURDAY, MAY 4, if you wish to have them by the first swim meet this summer. If you order now, your order can be brought to practice before Time Trials, or you can have them shipped to your house for an additional fee. These items may be ordered throughout the season, but it will take a few weeks for each order to be prepared and sent to you.

### **Spirit Night**

Winter Clinic is winding down (the last one is this Saturday), and it's not quite time for Summer practices to start, but you can still come have fun with the Ducks, and help us raise some money for the team in the process. We have a Spirit Night set up for Wednesday, May 8th at Roy Rogers (the one across from Prince William Hospital) from 5:00 until 8:00 pm. Just tell the cashier that you are with the Ben Lomond Swim team so the team can receive a portion of the proceeds for the night. Invite all of your friends and family members.

We are also working on several more spirit nights, including a night at CiCi's Pizza, Putt Putt at the Magic Castle, Nathan's Ice Cream, and the ever popular movie night. (There is a survey for which movie to see on the team's Facebook page, so make sure to vote.)

### **Stroke and Turn Officials Needed**

In addition to the large number of swimmers who aged out last summer, we lost several parents who had served as Starters, Referees, and Stroke and Turn Officials. As a result, we are in DESPERATE need of volunteers for these positions. You don't have to be a former swimmer to do this, 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.

Training sessions will be held at the following locations for Stroke and Turn Officials, Starters, Referees, Clerk of Course, Computer, and Meet Manager/Head Timer (this is new this season). The first training clinic will be held Saturday, June 1, 9:00 AM-12:00PM at **Sudley Pool**, 8613 Rixlew Ln, Manassas, VA 20109. The second clinic will be held on Wednesday, June 5, 7:00-9:00 PM at the **Occoquan Bible Church**, 3700 Old Bridge Rd, Woodbridge, VA 22192.

### **Opportunity for FREE Registration**

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.

### **Volunteers needed**

BLST relies heavily on volunteers. As we mentioned at the Ice Cream Social, will be running several clinics during the week leading up to Time Trials 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. (More information will be provided when the season starts.) If you can't help out during meets, there are also plenty of ways that you can help during practice. Just ask a Board Member. There is always something that you can do to help.

**Practice starts Tuesday, May 28 @ 7:00 pm for 10 & Under,  
or 8:00 pm for 11 & Up - See you at the pool!**