

Duck



Tales

Week 9: July 2018

Important Dates

July 24 th	Pie-the-Coach Night, Drag Night & Parent Swim Night
July 25 th	Talent Show (4:30-6:30pm) at Coral Reef Pavilion (by the Soccer Fields)
July 27 th	Friday Last Practice Breakfast
July 28 th	Divisional Swim Meet at Veterans Park w/VA Oaks
July 29 th	End of Year Picnic, Awards Banquet & 6 th Annual Rubber Duck Derby

****INCLEMENT WEATHER – PLEASE CHECK YOUR EMAIL, the BLST WEBSITE and/or FACEBOOK FOR UPDATES REGARDING PRACTICES AND EVENTS ALL WEEK. WE HAVE RAINY AND STORMY WEATHER PREDICTED ALL WEEK. THESE WILL BE THE WAYS WE COMMUNICATE IF SOMETHING IS DELAYED OR CANCELLED****

Results from the Meadowbrook Meet

The final score was Ben Lomond 2022 and Meadowbrook 2853. Congratulations to Catherine Purnell, who set three new records – breaking her own record in both the 50-meter Backstroke and Butterfly and breaking her sister’s record from three years prior, in the 100-meter IM. Congratulations to the Girls’ 9-10 Relay Team, Briana Heath, Ariana Heath, Afton Scoresby and Mia Sanchez, who set a new record - breaking the 1991 BLST record in the 100 Medley Relay. We had three triple winners (Emma Knick, Catherine Purnell, Brianna Ventura), one double winners (Bracco Graham, Jr.), and eight single winners (Betsy Arnold, Caitlin Franklin, Rylee Franklin, Ariana Heath, Oliver Knapp, Mia Sanchez, Afton Scoresby, Lukas Sejas). We had 65 swimmers set personnel best times in 116 splashes! Great job, Ducks!

Weekly Recognitions

Each week we recognize the swimmers and volunteers who have done an outstanding job the week and weekend prior!

Congratulations to the following individuals:

Group 1: Aiden Costa

Group 2: Marco Ribeiro

Group 3: Nate Bair

Group 4: Christopher Arnold

Group 5: Helen Sosa

Group 6: Nathan Moya

Volunteer of the Week: Ashley Stewart

Also, a huge QUACK to our Duckling who graduated this week Jackie Amador, Raina Cole, and Valentina Vasquez! Way to go and welcome to the DUCKS!

DIVISIONALS

Our last meet of the season DIVISIONALS. This will be an **AWAY** meet at Veteran’s Park vs. Veteran’s Park & VA Oaks.

Important Notes:

The address is: 14300 Veterans Drive, Woodbridge, VA 22191.

Gates open at 5:45 AM. Swimmers and Volunteers should check in with the Volunteer Coordinator by 6:15am.

BLST Warm Ups will be from 6:30 AM to 6:50 AM.

The meet will start promptly at 7:00 AM.

Please do NOT leave before checking with your coach to see if you will be needed for relays at the end of the meet.

Very important, at the direction of Prince William County Department of Parks & Recreation, the entrance for the pool area for all teams will be behind the Community Center building. When facing the Community Center, go to the right and follow the sidewalk to the open gate.

We need Volunteers for (3) shifts. Ben Lomond will need to provide the following: 1 Timer per lane during the entire meet, a Recorder for Lanes 1 & 4, 1 Heat Ribbon runner for 2nd shift (9-11 am) only, 1 Runner per shift, at least 2-3 for Clerk of Course, 1 Scoring person minimum, 1 for Computer Operations, 1 Ribbons volunteer. Shifts are 7-9am, 9-11am and 11am-end. Please sign up on line. No personnel are allowed on the pool deck unless they are volunteering as a deck official or volunteer. Spectators can view the meet from three sides of the pool and must be behind the ropes that surround the pool.

The website to order your Divisional T-Shirt is <https://www.kdshirts.com/.../pwsl-orange-divisional-champions...>

*The deadline for orders is Thursday 07/26/2018 at 12pm (noon)

*Pre-order your 2018 PWSL Orange Divisional Championships T-Shirt for \$18.00. Delivered to Veterans Park Meet.

*Shirts will also be available to take home on site the day of the swim meet for \$22.00

Divisional Duck Convoy

We'd like to meet up at the Harris Teeter on Liberia (10060 Market Circle, Manassas, VA 20110), Saturday morning, so we can FLOCK TOGETHER to Divisionals. Please arrive at 5:00 AM and we will QUACK out at 5:10 AM. Decorate your windows so everyone knows who we are!

Pie-The-Coach Night, Drag Night, and Parent Swim Night

Pie the Coach Night - A BLST tradition! Tuesday, July 24th, each swimmer gets a ticket for every second that he or she has dropped over the season, up to 25 tickets. All the tickets are placed into a bag and names are drawn until we run out of supplies. The swimmer whose name is drawn gets to pick a coach to "pie" with whipped cream. Older swimmers please make sure to be at the pool at 6:30 so we can start on time. You don't want to miss your turn.

After we've pied the coaches, we'll jump in the water for Drag night and Parents Swim. Haven't you always wanted to swim in your clothes? Bring some clothes that you don't mind getting wet to practice and you can add some extra pounds on top of your swimsuits to give you some extra "drag" for practice. Or, "Drag" your parents to the pool. Swimmers will challenge their parents to a race (or many!). Ducklings and Duckling Parents get to participate too, in the Activity Pool!!

Spirit Night Talent Show

Swimmers, start practicing your hidden and unhidden talents because our next Spirit Night is a TALENT SHOW! We will be holding a BLST Talent show on Wed, July 25th at the Pavilion by the Soccer Fields (at SDWP). The talent show will be from 4:30 PM to 6:30 PM. There is a Talent Show Signup List at practice on Monday for anyone wanting to participate in the Talent Show.

Since the show will be during dinnertime, we will have hot dogs, hamburgers and Chick-fil-A, but you will need to sign up so we make sure we have enough food! The Talent Show Meals list is also with the Volunteer Coordinator.

Friday Morning Breakfast

It is another tradition to have a special breakfast buffet following the last morning practice of the season. The Breakfast will be served at the Diggers Dune Pavilion (across from the SplashDown main entrance). We ask that everyone who comes to the Friday morning practice this week to bring breakfast foods and drinks to share. There is usually a wide variety of food, including items such as bagels and cream cheese, breakfast casseroles, donuts, coffeecakes, fruit salads, to name just a few ideas. The team will provide plates, napkins, and utensils. Please bring serving utensils if your dish requires them. This is a wonderful way to celebrate the last practice of the season and to prepare for a great final race on Saturday. We also need volunteers to help serve and clean up after the feast.

Please see Beatrice Herrera for the signup sheet for items to bring.

Donations & Thank You Notes for Coaches

Please let your coaches know how much their hard work has meant to you and your swimmer this year! You can donate a flat amount to be split evenly among all the coaches or you may prefer to do something special for your child's coach only. You can also have your child write a personal note to his or her coach. These notes mean so much to the coaches and they are remembered for a long time after the season ends. Notes and donations will be collected during morning and evening practices this week. We have envelopes set up for each coach under the upper pavilion.

6th Annual Rubber Duck Derby

Our Annual Rubber Duck Derby will be held at 7:30 PM on Sunday, July 29th. Adopt a numbered rubber duck and watch it race around the Lazy River at SplashDown Waterpark. If your duck places, you WIN! Prizes will be awarded for the first ten ducks and the last duck to cross the finish line. All prizes will be awarded; you do not need to be present to win. You can adopt your duck at any of the practices. Adoption costs are 1 duck for \$5 or 5 ducks for \$20.

Also, remember that the adoption fee you pay helps support the team for \$5.00 a duck. Encourage non-team friends, co-workers, and family to adopt Ducks too, as this is a great way for them to help us have summer swim fun!

End of Year Picnic & Splashdown After Party

WHEN: Sunday, July 29th. Set up begins at 1:00 PM, and the picnic itself will start at 3:00 PM, awards begin at 4:30 PM.

WHERE: Coral Reef Pavilion & Splashdown Water Park

WHAT: Food, Awards, & LOTS of FUN!

WHAT TO BRING: Check the information below to find out what to bring based of your families LAST NAME

Last Names A-G: Bring Desserts

Last Names H-R: Bring a bag of ice and six pack of soda or water

Last Names S-Z: Bring a side dish or salad

OTHER DETAILS: As with everything we do, we need volunteers to help this run smoothly. Please let us know if you want to help with set up, cook crew, overseeing drinks/coolers or clean up. Please also let us know if you can provide either coolers or folding tables.

AFTER PARTY: After the picnic we will head into Splashdown Water Park and have it ALL to ourselves. Remember to buy tickets for team non-swimmers, family members, and friends. They are only \$2.00 a ticket. See Marcia Thies or Emma Johns to purchase tickets.