

# Duck Tales

## Important Dates

Monday, June 10	Parents Meeting at 7:05 PM First Apparel Items Issued
Saturday, June 15	Meet @ Urbanna: 6-11:30 AM
Monday, June 17	First morning practices begin at 7:30 AM First Stroke Clinics begin at 8:30 AM: Backstroke & Butterfly Parents Meeting 7:05 PM
Tuesday, June 18	Spirit Night: making posters
Friday, June 21	Set-up for meet at 6:30 PM
Saturday, June 22	Meet: Home vs Montclair
Friday, June 28	Set-up for meet at 6:30 PM
Saturday, June 29	Meet: Home vs Old Bridge
Saturday, July 6	Meet @ Lake Manassas
Friday, July 12	Set-up for meet at 6:30 PM
Saturday, July 13	Meet: Home vs Veterans Park
Saturday, July 20	Meet @ Virginia Oaks
Saturday, July 27	Divisionals Meet @ Lake Manassas vs Urbanna and Lake Manassas
Sunday, July 28	Awards Banquet, Pool Party & Rubber Duck Race

## Time Trials

Time Trials is an opportunity for swimmers to get base times in most events and parents to learn about volunteer positions. It is also a chance to figure out what processes need some attention. Well we learned a lot last Saturday. First of all, we want to thank all the volunteers for stepping up and filling every position. We're sure it seemed like it wasn't really voluntary, but it really is essential. We're sure you found out that the jobs aren't that difficult and can be fun. There are always a lot of DQs during time trials because swimmers haven't been swimming the strokes under close observation and the judges are also learning. Swimmers and parents should view the DQs as an opportunity to learn and improve rather than a failure. These results will help the coaches prepare swimmers for the first swim meet and determine what to focus on with each swimmer before they are entered in that event again. The results are posted on the team website under the "**Meets**" tab and will be posted at Monday evening's practice on the fence at the top of the hill. Thank you all again for your patience and participation.

## First Meet

Now that we've had a dry run at Time Trials, we are ready to go to our first meet against an opponent! Our first swim meet will be this Saturday, June 15th at Urbanna Swim Club (8030 Urbanna Rd, Manassas, VA 20109). Please arrive at the pool by 6:00 am because warm-ups start for BLST at 6:30. The meet will start promptly at 7:00. Also please remember to check in with coaches before leaving the meet, as you may be needed for relays at the end of the meet. After the meet, everyone is invited to go out to eat with the team, hang out, and the coaches will be handing out ribbons. We will announce where we will be going near the end of the meet.

## Planned Attendance at Swim Meets

To make sure that all swimmers' data is sent to team hosting the meet, we need to have swimmers notify us if they plan to attend or decline any specific meet. If you are planning to attend a swim meet, please make sure to "Accept/Decline" for your swimmer at each meet prior to the Tuesday before the meet so that coaches can plan winning lineups and relays. This can be done online through the website, through the OnDeck app, or using the Coach's Book.

## Volunteering for Meets

As many of us found out last Saturday, swim meets require a lot of volunteers than just about any other sport, so we really need every family to sign up to do something during each meet. You can sign up on-line, and we will circulate a list during practice each week. Positions include the following: timers, recorders, runners, scoring, set-up (Friday night at

6:30, only before home meets), cleanup, clerk of course, concessions, heat ribbons, ribbons, and verifying. Please plan on helping to make our first meet run smoothly!

### **Concessions for Saturday**

Our next home meet is June 22, which means that we need donations for concessions. Since this is our first home meet of the season against another team, here is the list of things that we need most: Canned Sodas (Coke, Diet Coke, Pepsi, Diet Pepsi, Sprite, Dr. Pepper), 20 oz. Gatorade (Fruit Punch, Cool Blue, Lemon-Lime), Bottled Water (No sports tops). It helps cut down on the confusion (and lines) at concessions if we stay with these basics, and they are our best sellers.

We can also use candy in bulk from BJ's or Costco. Please remember, no chocolate, as it will melt! Donations can be brought in any night during practice, or to Friday night setup. We also need donations of fresh foods, including pasta salad and fruit salad. We also welcome any food donations from Duck Fondue to breakfast casseroles and empanadas. These need to be brought to concessions on Saturday morning, and it helps if you let Dan or Meg Arnold (our head of concessions) know you are planning to bring them.

### **Stroke Clinics**

Stroke clinics are an optional way to provide swimmers with some extra practice to refine and improve specific strokes, starts, and turns. This year summer stroke clinics will begin on June 17th with backstroke and butterfly clinics. Clinics will meet on four mornings: Monday, Tuesday, Thursday and Friday from 8:30-9:30 AM. The clinics during the 4<sup>th</sup> of July week will go Monday (7/1), Tuesday (7/2), Wednesday (7/3) and Friday (7/5). Prices for clinics are \$20 for each individual stroke clinic, \$35 for any two clinics, and \$70 for any four clinics. Even though two strokes will be offered each week, the swimmers are required to stay in just one to maximize the benefit. Depending on the available space you may pay \$5 for individual clinic days. We cap the clinics at 36 swimmers, so sign up soon to hold your place. You can sign up for stroke clinics at any evening practice.

### **Spirit Nights**

Wednesdays are Spirit Nights for the Ducks! We are looking for a volunteer to assist in planning and scheduling our first spirit night of the summer. Typically, we get together at a local restaurant or activity that provides a refund for our visit and help raise money for the team. We do have a Poster Night scheduled on Tuesday, June 18th during practice. While the first 3 groups are swimming the Groups 4-6 will set up and make some posters. Then during the 2nd hour Groups 1-3 will make posters.

### **Apparel**

Apparel bags, swim caps and suits (no suits for ducklings) will be handed out this week. Swim suits will be issued to the swimmers that were fitted at Riptide Swim Shop.

### **Ducks of the Week**

Starting next week, this section will include our Ducks of the Week. Typically, a swimmer is selected from each group by their coach based on a combination of performance (including personal bests, not just winning an event), persistence and positive attitude. Each Duck of the Week will receive a special item for their efforts, and will be recognized at the parents meeting on Monday. We will also use this time to recognize any swimmers who have completed the Ducklings Program, and are moving up to the swim team.