

Duck Tales

Important Dates

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	<u>Set-up</u> for meet at 6:15 PM
Saturday, June 22	Meet: Home vs Montclair After Meet: Flock to CiCi's Pizza
Friday, June 28	<u>Set-up</u> for meet at 6:30 PM
Saturday, June 29	Meet: Home vs Old Bridge
Thursday, July 4	Stars and Stripes Invitational Meet
Saturday, July 6	Meet @ Lake Manassas
Tuesday, July 9	Team Picture Night (Rain Date: July 11)
Friday, July 12	<u>Set-up</u> for meet at 6:30 PM
Saturday, July 13	Meet: Home vs Veterans Park
Saturday, July 20	Meet@ Virginia Oaks
Sunday, July 21	Spirit Night: Chipotle, 7311 Sudley Road, Manassas, 20109 - 4PM - 8PM
Tuesday, July 23	Pie the Coaches Night and Family Swim Competition
Wednesday, July 24	Spirit Night: Talent Night and Poster Night
Saturday, July 27	Divisionals Meet@ Lake Manassas vs Urbanna and Lake Manassas
Sunday, July 28	Awards Banquet, Pool Party & Rubber Duck Race

Results from the Urbanna Meet

Congratulations on our first win of the season! The final score was Ben Lomond 2038, Urbanna 1992. It was a closer meet than expected. We had 5 triple winners: Fehr Badillo, Briana Heath, Cat Purnell, Hannah Riveros, & Evan Thies. We also had 8 single winners: Sebastian Acosta, Victoria Barnhouse, Chase Facemire, Ariana Heath, George Herrera, Jonathan Moreno, Mia Sanchez, Ryan Schubert, & Hanna Tiede. We had 41 of 63 swimmers dropped times in 69 events for a total time drop of 313.88 seconds or 5 minutes and 13.88 seconds.

Thanks again to all the volunteers for stepping up and filling every position and some of Urbanna's. Great job! We had a lot of "No Shows" for this meet. It is difficult for a coach to put a lineup together when they don't know swimmers are going to be missing.

Next Meet at Home against Montclair

This weekend we will swim against Montclair Seahawks. The meet is home. Please arrive at the pool by 6:00AM because warm-ups start for BLST at 6:10. 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, 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, which are our best sellers. We can also use candy in bulk from BJ's or Costco. Please remember, no chocolate, as it will melt! 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. Donations can be brought in any night during practice, or to Friday night setup. Fresh food donations 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 4th 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, team t-shirts, water bottles, swim caps, pop-sockets, and swimsuits (no suits for ducklings until they graduate) will be handed out this week during evening practices and Friday night setup. Swimmers that registered late should make sure they are fitted at [Riptide Swim Shop](#) (located at 10371 Central Park Dr, Manassas, VA 20110). Unfortunately, some swimsuits were delivered without logos. Please bring these in as soon as possible so we can have the logo placed before the next meet. There are t-shirts now for sale to parents, family and fans.

Ducks of the Week

Ducks of the Week. Group 1- Michael Russell; Group 2: Hannah Riveros; Group 3- Camila Alcantara; Group 4 Justin Lee; Group 5- Chris Arnold; Group 6- Natalie Balderas. Volunteer of the week: Elizabeth Mendez and Juana Perez.