

Duck Tales

Important Dates

Monday, July 1	Morning practices begin at 7:30 AM Stroke Clinics begin at 8:30 AM: Breast & Backstroke Parents Meeting 7:10 PM
Wednesday, July 3	Spirit Night: Chuck E. Cheese, 7730 Stream Walk Lane, Manassas, 20109 - 4PM - 8PM
Thursday, July 4	Stars and Stripes Invitational Meet
Saturday, July 6	Meet: BLST @ Lake Manassas arrive by 6:00 am After Meet: Flock to Eclipse Restaurant in Gainesville
Tuesday, July 9	Team Picture Night (Rain Date: July 11)
Wednesday, July 10	Spirit Night: Pizzeria Unos, 10701 Bulloch drive, Manassas, 20109 - 4PM - 8PM
Friday, July 12	Set-up for meet at 6:30 PM
Saturday, July 13	Meet: Home vs Veterans Park. Theme is Super Heros
Wednesday, July 17	Spirit Night: Burger IM, Bull Run Plaza, 11760 Sudley Manor Dr., Manassas, 20109 - 4PM - 8PM
Saturday, July 20	Meet: BLST @ 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
Friday, July 26	Last Practice Breakfast
Saturday, July 27	Divisionals Meet: BLST @ Lake Manassas vs Urbanna and Lake Manassas
Sunday, July 28	Awards Banquet, Pool Party & Rubber Duck Derby

Results from the Old Bridge Meet

It was another tough loss, but an even greater swimming was achieved! The final score was Ben Lomond 1891, Old Bridge 2564. We had some amazing time drops and first legal swims. We didn't set any records last Saturday, but we did get close. We had 2 triple winners: Cat Purnell & George Herrera. We had 1 double winners: Evan Thies. We also had 7 single winners: Fehr Badillo, Mya Busato, Ariana Heath, Jonathan Moreno, Nicolas Nagurny, Mia Sanchez, & Sydney Vazquez. We had 2 new PW "A" time standard achievers: Fehr Badillo and Audrey Peters. We also had 9 new PW "B" time standard achievers. We had 64 of 81 swimmers set new personal best times in 104 splashes. An area of improvement is reducing the number of DQs - 46 swimmers and 8 relays. This is typical as coaches start encouraging swimmers to challenge the more difficult strokes as we prepare for Divisionals. Results are posted on the [website](#). Thanks again to all the volunteers for stepping up and filling every position again. Great job!

Ducks of the Week

Great job on this week's Ducks of the Week. Group 1-Elva Valdez; Group 2-Marco Ribeiro; Group 3-Chase Facemire; Group 4-Chris Pineda; Group 5-Nicolas Nigurny. Volunteers of the Week: Ryan and Gina Busato and Heather Robbins.

Next Meet at Home Lake Manassas

This weekend we will swim against Lake Manassas. The meet is away and LMST is in our PWSL Division. Make sure you "**Commit/Decline**" your swimmer and "**Signup**" for a job. Please arrive at the pool before 6:00AM because it is a small area and parking can be a challenge. Get the directions from the [website](#) as GPS often takes folks to the wrong side of the development. Our warm-ups start for BLST at 6:30. The meet will start promptly at 7:00AM. Also, please remember that swimmers and volunteers should check in with the Volunteer Coordinators and check out with coaches before leaving the meet, as you may be needed for relays at the end of the meet.

After Meet Lunch

After this Saturday's meet at Lake Manassas, BLST will flock for a team lunch at [Eclipse Sports Bar and Billiards Restaurant](#). Good Food, Drinks, and Games for all ages. A percentage (%) of all sales will be donated back to the Ducks.

Planned Attendance at Swim Meets

To make sure that all swimmer's data is sent to the PWSL, we need to have swimmers notify us if they plan to attend or decline any specific meet. You must choose 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. We did much better for the Montclair meet, but we still had 40 undeclared on Thursday afternoon.

Practices and Weather Cancellation

We had another practice last week cancelled by thunder and lightning. It's not an easy call, as we want to get everyone a chance to swim. The decision may be easier for you. It is ultimately your choice not to wait. Notifications are posted to the team website, Facebook page and we try to send a notification email.

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, with one of the volunteer coordinators, or on the list that circulates 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, officials and verifying. Please plan on helping to make our meets run smoothly! When there are enough volunteers, no one has to miss watching their swimmer compete. Please sign up in advance, it makes everything easier.

Concessions

Thank you to all the Ducks that assist Concessions on Saturday. Please consider signing up to do it again next weekend for our last home meet. We don't need donations this week, but next week we'll need some 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). We'll also need 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 welcome any food donations like Duck Fondue, breakfast casseroles and empanadas. These should 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.

Morning Practice and Stroke Clinics

This is a reminder that the morning practices from 7:30-8:30AM and evening practices are included in the registration fee. The 1-hour stroke clinics this week are breast and backstroke and will be on Mon, Tues, Wed, and Friday due to the Thursday celebration of our Nation's Independence Day.

Apparel

We have some really nice towels and t-shirts for sale to parents, family and fans. We also have team magnets and cell phone pop sockets with our anniversary logo.

Volunteer Help Needed

We need help with volunteers in a couple of committees: IT committee, Apparel, Aging Out, By-Laws Review, and Nominating Committee. The IT committee would meet to determine webpage updates, security protocols, access, functionality to improve communication with members, and cross-train in meet entry and management. The By-laws should be reviewed to correct notable discrepancies in organizational management and to address member ideas. The Nominating Committee must be appointed to prepare a slate for the elections at the end of the season. Participating in these committees give you a better understanding of what happens to make meets successful and why our children love the team so much. We also need some help with projects and serve as Coordinator for Team Picture Night, Volunteers and Attendance, Spirit Nights, After Meet Flocking, Talent Show, Last Practice Breakfast, Poster Night, Pie the Coach Night, and BLST Rocks Night. If we have more than one person working these than there is cross-training and learning curves are less steep. Anything that doesn't have a volunteer may get done with less advance notice than each deserve and these activities are what make the team so special. Please volunteer because you want to make the team better and more fun, rather than leave it for a Board member that is already busy with organization learning. Thank you.

BLST Picture Night

The BLST Picture Night is a night when as a team, in our team shirts and swimsuits, we gather to capture history with our team photos. The team picture includes all the Ducks, the Ducklings and the Coaches. You can purchase packages that

include the team photo or the group photo. You can have pictures solo or with siblings or with "besties". Package prices will be made available the week prior and sample pictures and packages will also be on display.

Spirit Nights

Wednesdays are Spirit Nights for the Ducks! Typically, we get together at a local restaurant or activity that provides a refund for our visit and help raise money for the team. A "Big Duck Thank You" to the Busato Family for planning and scheduling first spirit nights this summer. The Busato Family has been working very hard at making sure our spirits are high and bringing something back to the team with the Spirit Nights. Please email BLSTFundraising@yahoo.com with any ideas for spirit nights or any connections you may have or feedback about previous spirit nights.

- Wednesday, July 3rd, 2019: Chuck E Cheese, 3pm-9pm, 7730 Stream Walk Lane, Manassas, VA 20109
- Wednesday, July 10, 2019: Unos "Dough Rai\$ing" Fundraiser, 4pm-8pm, 10701 Bulloch Drive, Manassas, 20109
- Wednesday, July 17th, 2019: Burger IM, 4pm-8pm, Bull Run Plaza, 11760 Sudley Manor Drive, Manassas, 20109
- Sunday, July 21st, 2019: Chipotle, 4pm-8pm, 7311 Sudley Road, Manassas, VA 20109

Details and reminders for these are on the team calendar and reminder emails will be sent. These are all fundraising activities that help us keep registration and clinic prices so low. It is also a great recruiting opportunity to show your friends and family the spirit and fun we have together as a flock, errrr team.

Stars and Stripes Invitational

The Stars and Stripes Invitational is set with BLST sending 40 swimmers and 6 alternates to compete against the best stroke specialists from 5 other teams. You are all welcome to come watch and cheer on your Duckmates at Bridlewood Community Swimming Pool, 13622 Harness Shop Ct., Gainesville, VA 20155!

50/50 Drawings

The 50/50 drawing from the Montclair meet brought in \$89, with the winner from Montclair taking home \$44.50. The winner from the Old Bridge drawing was John Hall getting \$39.50. Great work by the concessions crew continuing to push ticket sales during concessions sales. BLST gets to keep half of the money that is brought in off the 50/50 sales each week.

Donors

Remember we are always looking for donations of any kind throughout the season. Donations are needed as prizes for the Duck Derby, coaches gifts, home meet drawings, etc. These donors will be recognized on the team website. Please email BLSTFundraising@yahoo.com with any donations you have received on behalf of the swim team. A [Sponsor Form](#) can be downloaded for businesses to track. Each \$100 sponsorship/donation will credit the family concessions card \$10.

Sponsorship

BLST is a non-profit and we rely on sponsorships from local businesses to help us keep prices low for all involved and to give our kids the best experience possible. Please reach out to anyone and/or business looking for a sponsorship on behalf of the swim team. Email BLSTFundraising@yahoo.com with any sponsors you have received on behalf of the swim team.

7th Annual Duck Derby

Efforts continue for this year's Duck Derby. Tickets to Redskins game, 2020 Summer Registration, Winter Clinic, Stroke Clinic, restaurant gift cards, gift baskets are just some of the prizes already on the list.