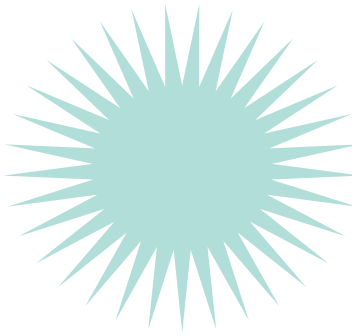


UPCOMING EVENTS

- **November 7, 8**
Fall Aqua-Fest 2009
GMU Freedom Aquatic & Fitness Center, Manassas, VA
Sign-up deadline has passed.
- **November 20, 21, 22**
Swim & Rock 2009
Oak Marr Recreation Center, Oakton, VA
 - 11 and older Prelims/Finals for Fri. and Sat., timed finals on Sun.
 - 9 and 10 year-old timed finals Sat. and Sun.*Sign-up deadline has passed. Hotel info listed on web page.*
- **December 4, 5, 6**
NOVA Dec B/C Mini NOVA
Aquatics Center, Richmond, VA
All ages - B or C times only.
Sign-up deadline Sunday, Nov. 22
- **December 11, 12, 13**
SEVA 12 & Younger BB+ Xmas Championship
Ft. Eustis Aquatic Center, Ft. Eustis, VA
Prelims/Finals meet, must have at least BB time in each event entered.
Sign-up deadline Sunday, Nov. 22. Hotel info listed on web page.
- **December 11, 12, 13**
Sport Fair Winter Classic
GMU, Patriot Center, Fairfax, VA
13 and older Xmas Championship meet. Must have at least one BB time to compete in any event.
Sign-up deadline Sunday, Nov. 8. Hotel info listed on web page.

HONORS FOR JAKE MALOY

Congratulations to former BASS teammate and College of William & Mary student Jake Maloy on being named CAA Swimmer of the Week following his outstanding performance during a recent meet.



BASS Heat Sheet Ad Fundraiser Coming

It's not too early to start thinking about heat sheet ads for our two home meets. This is a great way to earn your fund raising obligation. Ads can be solicited from area businesses and/or "happy" ads can be submitted to wish your swimmers luck during the meets.

Heat sheets are published for our home meets. The first BASS meet is Sunday Jan. 3 – note the change from the original date of Jan. 2; the second meet is Jan. 30-31.

Art may be sent electronically in JPEG or PDF format to Paula Montes de Oca at pmdeo2002@yahoo.com. Checks, and/or checks and physical ads may be left in the HEAT SHEET mailbox at the pool. If you need help creating an ad or would like an ad created for you, e-mail Kirstine Sigloh (ksiglohva@gmail.com)

- AD RATES:
- One insertion (one meet):
 Full Page \$50
 Half Page \$25
 Quarter Page or Business Card \$10
- Two insertions (two meets):
 Full Page \$75 (ie, \$37.50/ad)
 Half Page \$30 (ie, \$15/ad)
 Quarter Page or Business Card \$15 (ie, \$7.50/ad)

BASS is a non-profit – 501c(3) organization. Ads/contributions are tax-deductible. Checks are payable to BASS.

COOKBOOK UPDATE

A special thank you to all the families who contributed recipes to the first BASS Fantastic Cookbook. We had a total of 245 recipes submitted and nearly 160 books preordered.

Thank you for placing your orders early! We have ordered a handful of extras which will be sold at the home meets in January for \$15 each. The cookbooks are due to arrive December 11. So, cookbooks will be distributed at practices Monday-Thursday, December 14-18.

Congratulations to Michelle Rowell for submitting the winning cookbook cover design. Great work Michelle.

Questions pertaining to the cookbooks can be directed to Kirstine Sigloh at ksiglohva@gmail.com.



Towels Available

There are BASS towels available for purchase. Towels are white with a large, blue BASS logo and a smaller, blue and red USA Swimming logo. They are 35" x 60" and are \$20 each. E-mail (pmdeo2002@yahoo.com) or see Paula Montes de Oca.



SWIM TIP

Try to swim at least three swims a week. Swimmers seem to improve faster and easier when they swim more frequently as opposed to only doing a few longer workouts each week. Maintain the best possible technique at all speeds during a workout.



BASS SWIMMING



VIRGINIA SWIMMING

BATTLEFIELD AREA STAR SWIMMERS