

Duck Tales

Important Dates

Monday, June 24	Morning practices begin at 7:30 AM Stroke Clinics begin at 8:30 AM: Breast & Butterfly Parents Meeting 7:10 PM
Friday, June 28	<u>Set-up</u> for meet at 6:15 PM
Saturday, June 29	Meet: Home vs Old Bridge Gates open @5:45 am After Meet: Flock to California Tortilla
Monday, Junly 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: Chucky Cheese, 7730 Stream Walk Lane, Manassas, 20109 - 4PM - 8PM
Thursday, July 4	Stars and Stripes Invitational Meet
Saturday, July 6	Meet: BLST @ Lake Manassas
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	<u>Set-up</u> for meet at 6:30 PM
Saturday, July 13	Meet: Home vs Veterans Park
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 Race

Results from the Montclair Meet

It was a tough loss, but a lot of great swimming was done! The final score was Ben Lomond 1941, Montclair 2629. It wasn't as close as we hoped, but we still had some outstanding performances. Cat Purnell set new team records in all 3 individual events she competed in. The new 15-18 girls records are: 50M Free 28.06s, 100M IM 1:07.65, & 50M Fly 30.31. We had 2 triple winners: Cat Purnell & Evan Thies. We had 3 double winners: Briana Heath, George Herrera & Mia Sanchez. We also had 5 single winners: Sebastian Acosta, Chris Arnold, Natalie Balderas, Victoria Barnhouse, & Ariana Heath. Thanks again to all the volunteers for stepping up and filling every position again. Great job! We still 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.

Ducks of the Week

Ducks of the Week. Group 1-Dana Lee and Sophia Valdez; Group 2-Felix Olguin; Group 3-Bandon Olguin; Group 4-Crissy Fitzgerald; Group 5-Briana Heath. Volunteers of the Week: Claudia Guzman Padron and Norma Acosta.

Next Meet at Home against Old Bridge

This weekend we will swim against Old Bridge Breakers. The meet is home and the theme is Disney. Please arrive at the pool before 6:00AM because warm-ups start for BLST at 6:10. 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 the meet, everyone is invited to go to California Tortilla to eat as a team, hang out, while the coaches are handing out ribbons.

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

Weather can be almost intolerable this time of year. Lightning and thunder will cause the pool to be cleared. Also if rain is coming down so hard that the bottom of the pool is not visible to the guards will close the pool. We all want the swimmers to get as much practice as possible, but not when safety is at stake. Notifications are posted to the team website and Facebook page as well as 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 for Saturday

Thank you to all the Ducks that went to assist Concessions on Saturday. Please consider signing up to do it again this weekend. When there are enough helpers, then no one has to miss their swimmer's event. Our next home meet is June 29, which means that we need donations for concessions. Since this is our second home meet, 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). 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 like Duck Fondue, 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.

Morning Practice and Stroke Clinics

The more you practice the better you will become. Our morning practices from 7:30-8:30AM and evening practices are included in the registration fee. It is a great way to make up a missed practice due to weather. Another way to improve is going to a stroke clinic. These 1-hour clinics focus on one stroke for 4 days including starts, turns and finishes for that stroke. The swimmer to coach ratio is less than 6:1. The clinic this week is either breaststroke or butterfly. Prices for clinics are \$20 for each weekly stroke clinic or \$55 for any three clinics. 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 or in the mornings.

Apparel

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 really nice towels and t-shirts for sale to parents, family and fans.

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 take pictures of siblings together 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! 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 had to move Poster Night to Thursday, June 20th because weather forced us to cancel Tuesday practice. Weather also affected Thursday practice, but the early groups got to do posters and the later groups got to swim. 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. This Wednesday from 6:15 to 8:00, we can play putt-putt golf at The Magic Putting Place next to Nathans. On July 3rd we can all be kids again at Chuck E. Cheese from 4 - 8PM. On July 10th we rai\$ing Dough at Unos Pizzeria from 4 - 8 PM and 20% of you check will be returned to the team. On July 17th we've been invited to the new Burger IM from 4 - 8 PM. And the big one on July 21st is Chipotle on Sudley Road from 4-8 PM and they will return 30% of your check, so have everyone who get an extra burrito bowl for the next week. Details and reminders for these are on the team calendar and reminder emails will be sent.

Stars and Stripes Invitational

The Stars and Stripes Invitational is a meet where 6 teams have been invited to bring their fastest swimmer in each age group and stroke. It has one heat for each individual event, a medley relay, and finished with an 18 & Under 200 Yard Crescendo Relay. Coaches will be talking with parents of the fastest swimmers to confirm availability. The meet is a bit more accommodating with a later start. The swimmers will get a t-shirt and the meet, while very competitive is fun and exciting to watch. Volunteers are required: S&T Judge, 3 timers, 1 recorder, 1 runner, 1 scorer, and 1 clerk of course. Please don't be offended if you aren't invited to swim, but you are all welcome to come watch and cheer!