

July 8, 2019 Week 5



### Important Dates

Monday, July 8	Morning practices begin at 7:30 AM Stroke Clinics begin at 8:30 AM: Backstroke & Butterfly Parents Meeting 7:10 PM
Tuesday, July 9	<b>Team Picture Night</b> (Rain Date: July 11)
Wednesday, July 10	<b>Spirit Night:</b> Pizzeria Unos, 10701 Bulloch drive, Manassas, 20109 - <b>4PM-8PM</b>
Friday, July 12	<u>Set-up</u> for meet at 6:30 PM
Saturday, July 13	<b>Meet:</b> Home vs Veterans Park. Theme is Super Heros
Monday, July 15	Morning practices begin at 7:30 AM Stroke Clinics begin at 8:30 AM: Breast & Butterfly Parents Meeting 7:10 PM
Wednesday, July 17	<b>Spirit Night:</b> <u>BurgerIM</u> , Bull Run Plaza, 11760 Sudley Manor Dr., Manassas, 20109 - <b>4PM-8PM</b>
Saturday, July 20	<b>Meet:</b> BLST @ Virginia Oaks
Sunday, July 21	<b>Spirit Night:</b> Chipotle, 7311 Sudley Road, Manassas, 20109 - 4PM - 8PM
Tuesday, July 23	<b>Pie the Coaches Night</b> and <b>Family Swim Competition</b>
Wednesday, July 24	<b>Spirit Night:</b> Talent Night and Poster Night
Friday, July 26	Last Practice Breakfast
Saturday, July 27	<b>Divisionals Meet:</b> BLST @ Lake Manassas vs Urbanna & Lake Manassas
Sunday, July 28	Awards Banquet, Pool Party & Rubber Duck Derby

### Results from the Stars and Stripes Invitational

It was NOT a close meet, but still proved BLST belongs with some outstanding swimming! The final score is on a [link](#) from the webpage. Cat Purnell broke her own BLST Record in the 50M Fly (30.31s) and set the Stars and Stripes Meet record (29.44s) with the new record time 29.33s. Cat Purnell (50M Fly) & Evan Thies (50M Breast) were single winners. There was some impressive swimming, amazing time drops, and awesome sportsmanship. Thanks to the swimmer's parents and families that attended and helped out.

### Results from the Lake Manassas Meet

It was a close meet, but and still even greater swimming was achieved! The final score was Ben Lomond 2087, Lake Manassas 2349. We had some amazing time drops and first legal swims. We didn't set any records last Saturday. We had 2 triple winners: Cat Purnell & Evan Thies. We had 3 double winners: Briana Heath, George Herrera, & Mia Sanchez. We also had 10 single winners: Alejandro Alegre, Betsy Arnold, Chris Arnold, Fehr Badillo, Victoria Barnhouse, Mya Busato, Chase Facemire, Ariana Heath, Jae Lee, & Hannah Tiede. We had 4 new PW "A" time standard achievers: Alejandro Alegre (50M Breast), Fehr Badillo (25M Back), Manny Cardoso (50M Breast) and Mia Sanchez (50M Back). We also had 9 new PW "B" time standard achievers. We had 22 swimmers set personal best times in 36 splashes. An area of improvement is reducing the number of DQs - 22 swimmers in 24 events and 3 relays. Results are posted on the [website](#). Thanks again to all the volunteers for stepping up and filling every position again. Great job! Parking was tight with just our two teams. We swim Divisionals on 7/27 and there will be another team.

### Ducks of the Week

Great job to this week's Ducks of the Week. Group 1-Esmeralda Valdez; Group 2-Guillermo Neri-Sanchez; Group 3-Fehr Badillo; Group 4-Alejandro Alegre; Group 5-Hannah Tiede; Group 6-Jae Lee. Volunteers of the Week: Meg & Dan Arnold and Beatriz Herrera.

### Next Meet is Home Against Veterans Park

This weekend we will swim against Veterans Park. The meet is home. Make sure you "**Commit/Decline**" your swimmer today and "**Signup**" for a job by Thursday. Friday setup from 6:00-7:15PM. We've had a lot of help and been able to leave early. Thank you and let's do it again. Pool will open at 5:45 AM. Please arrive at the pool before 6:00AM. Our warm-ups are from 6:10-6:30. 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. We will be short clerks of course, stroke and turn judges, runners, data entry, timers and recorders. Please try and help so we don't have so many doing double shifts on hot days. The theme for this Meet is "**Super Heros**".

### **After Meet Lunch**

The lunch location after the Lake Manassas had plenty of room and was the first time we didn't have stack ourselves to fit. Great selection of items and we even had some birthday cake. After this Saturday's meet, BLST will flock for a team lunch at [JukeBox Diner](#). More good food, drinks, and more games for all ages. 10% of all sales will be donated back to the Ducks. Coaches will have ribbons and stories will be told.

### **Concessions**

Please consider signing up to assist concessions this weekend for our last home meet. We will need liquid donations this week: 20 oz. Gatorade (Fruit Punch, Cool Blue, Lemon-Lime), and 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, potato salad and fruit salad. We welcome any fresh food donations like Duck Fondue, breakfast casseroles, breakfast burritos & 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 so they can accommodate and they may have to adjust the timing or quantity of Chic-fil-A order.

### **Practices and Weather Cancellation**

Last week was bad for 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.

### **Spirit Nights**

Wednesdays are Spirit Nights for the Ducks! Last Wednesday we had a great turnout at Chuck E. Cheese. A "Big Duck Thank You" to the Busato Family for planning and scheduling our 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, After-Meet Lunch, and 50/50 drawings. Please email [BLSTFundraising@yahoo.com](mailto:BLSTFundraising@yahoo.com) with any ideas for spirit nights, sponsors, or any connections you may have or feedback about previous spirit nights.

- Wednesday, July 10: Unos "Dough Rai\$ing" Fundraiser, **4pm-8pm**, 10701 Bulloch Drive, Manassas, 20109
- Wednesday, July 17th: Burger IM, **4pm-8pm**, Bull Run Plaza, 11760 Sudley Manor Drive, Manassas, 20109
- Sunday, July 21st: Chipotle, **4pm-8pm**, 7311 Sudley Road, Manassas, VA 20109
- Wednesday, July 24th: Annual BLST Talent Show, **4pm-7pm**, Coral Reef Pavillion, 7500 Ben Lomond Park Dr

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.

### **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 are from 8:30-9:30 on Monday, Tuesday, Thursday, and Friday. This week: Fly & Backstroke.

### **Apparel**

Andrea will try to sell everything on Monday and Thursday this week. This includes previous year's shirts, bags, cooling towels, BLST pool towels, and magnets. She'll also have this year's shirts, silicone caps and pop sockets with our anniversary logo. If you did not get your latex cap at the beginning of the season, her stock has been replenished, so see her before she runs out again. There are still a few bags that have not been picked up. Andrea will email you.

### **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 modifications, 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. **This nomination committee is a most critical need and must be set by Friday, 7/12/2019 to have time for the final meeting.** 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.

### **50/50 Drawings**

The 50/50 drawing from the Montclair meet brought in \$94 with the winner from Montclair taking home \$47. The winner from the Old Bridge drawing was John Hall getting half of the \$79. Great work by the concessions crew continuing to push ticket sales during each sale. BLST gets to keep half of the money that is brought in from the 50/50 sales each meet.

### **Donors**

Remember we are always looking for donations of any kind throughout the season. Donations are needed as prizes for the Duck Derby, concessions, home meet drawings, etc. These donors will be recognized on the team website. Please email [BLSTFundraising@yahoo.com](mailto: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 501(c)(3) organization 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 any business looking for a sponsorship on behalf of the swim team. Email [BLSTFundraising@yahoo.com](mailto: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. Rubber Ducks will be available for adoption starting this week at morning and evening practices. You can download an adoption form and bring it with payment. May the odds be ever in your favor.

### **Embroidery**

Our logos are so cool. You may want to have it embroidered onto your backpack, a shirt, hat, or pajamas. Now you can for just \$15 for the logo or \$18 for the logo and your name. Just fill out the form, the item(s), and bring payment to Heather Fitzgerald by Thursday morning, 7/11. It should take about 1.5 weeks to be returned...just in time for Divisionals.

### **Lanyards**

Many of the lanyards that are used by the volunteers have not been returned. Please return these so that we have enough for the remaining meets.