



Duck Tales

www.benlomondswimteam.com

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June 10, 2008

Dates to Remember

- 6/14 — BLST @ Wellington
- 6/16— Morning Practice starts @ 7:15—8:15
- 6/16 – Tastefully Simple @ 7:30 PM
- 6/21 — BLST @ Sudley
- 6/28 — Dominion Valley @ BLST
- 6/30—7/3 — Back Stroke Clinic 8:30 – 9:30
- 7/2 – Magic Putt Putt & Nathan's Ice Cream - \$2.50 for Putt Putt 6:30 PM
- 7/5 — BLST @ Kingsbrooke
- 7/7- 7/11 -Breast Stroke Clinic 8:30-9:30
- 7/8 — Team Pictures
- 7/12 — Dale City @ BLST
- 7/14—7/18 Butterfly Clinic 8:30-9:30
- 7/19 — Victory Lakes @ BLST
- 7/26 — WhiteDivisionals @ Victory Lakes
- 7/27— Team Picnic & Pool Party

Fund Raising for the Ducks brought to you by Tastefully Simple!

Tastefully Simple will be here Monday June 16, 2008 at 7:30 PM with a fund raising opportunity for the Ducks. You may ask: **What is Tastefully Simple all about?** At Tastefully Simple, we offer a wide variety of easy-to-prepare gourmet foods designed to help you spend less time in the kitchen and more time enjoying the rest of your life. From main dishes to desserts, Tastefully Simple offers a wide variety of gourmet foods and gifts for every day and every occasion. Best of all, our products can be enjoyed right out of the package or prepared within minutes!. Please plan to come and check out the wonderful opportunity to make it easier on you and some money for the ducks.

Coach of the Week

Rachel Fuschillo - Rachel has been a member of BLST since 1994 when she was 7 years old starting off in the winter clinic. She started coaching at age 15 when she taught group 1/2 (the kids who were too young to swim but wanted to practice like their older siblings). She participated in winter swim for the Snowbirds and for OCCS. She swam all four years in High School at Stonewall Jackson and was Captain her senior year. Rachel is currently a senior at Christopher Newport University where she is majoring in Political Science with minors in History and Classical Studies. She is a member of Alpha Sigma Alpha sorority and Pi Sigma Alpha Political Science Honor Society. Rachel plans on taking the LSATs (Law School Admissions Test) in October, graduate in May, and begin law school next August.

Even with her hectic schedule, she always finds time to be with her Ducks. She is the "Team Artist" as some call her since she always brings markers to draw ducks and encouraging quotes on the younger swimmers. She is very energetic and wants everyone to have the same love for the team that she does.

Apparel Update From Becky Cornelius and Kathy Nadal

For anyone who pre-ordered team suits, they should be delivered to us next week along with caps. If you still need to order a team suit, please call Shandra at Riptide Swim & Tri at 703/753-5111 or visit their website at www.riptideswimandtri.com. Be sure to tell her that you would like a girls/boys suit for the BLST and what size. Her store is located at 7320 Heritage Village Plaza, Suite 101 in Gainesville.

Any pre-ordered apparel items were ordered this week and we'll let you know when they are in for pick-up.

Concessions

It's about time to start planning for that first home meet and concessions would like donations of the following items that are the biggest sellers Coke, Diet Coke, Sprite, Pepsi, Diet Pepsi, Dr Pepper, Red Gator Ade, Blue Gator Ade, Yellow Gator Ade. We also need water, pasta salad (the simpler the better such as noodles with a little green pepper and Italian dressing the swimmers just love it), **help** we can always use it. If anyone has any ideas for food or anything else please see **Leonard Cornelius** or **Amber Burnett**.

Great Food
& A GREAT CAUSE
Ben Lomond Swim Team

You're invited to participate in a very special fundraising event!

Monday, June 16, 7:30 pm
Splash Down Water Park

Contact me for more information.

TASTEFULLY SIMPLE
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