

Duck Tales

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June 17, 2008

Dates to Remember

- 6/21: BLST @ Sudley
- 6/25: Baskin Robbins Night at 7pm
- 6/28: Dominion Valley @ BLST
- 6/30-7/3: Back Stroke Clinic
815am-915am
- 7/2: Magic Putting Place at 630pm
- 7/5: BLST @ Kingsbrooke
- 7/7-7/11: Breast Stroke Clinic
815am-915am
- 7/8: Team Pictures
- 7/9: Movie Night 7pm
- 7/12: Dale City @ BLST
- 7/14-7/18: Butterfly Clinic
815am-915am
- 7/19: Victory Lakes @ BLST
- 7/26: White Divisionals @ Victory
Lakes
- 7/27: Team Picnic & Pool Party

Swim meet results for 6/14

BLST 2318 points

Wellington Dolphins 2680 points

Well, we may have lost our first meet, but we didn't go down without a fight! Even though the score doesn't reflect it, we did better as a team than the Dolphins with team improvements of 73% vs their 49%. That's quite an accomplishment so be proud!

Ben Lomond triple winners -- Girls: Amy Layne.
Boys: Nicholas Hoffman, and James Crabb.

Ben Lomond double winners -- Girls: Ariadna Sanchez, and Cristina Hunsicker. Boys: Evan Thies.

Ben Lomond 'A' time standard achievers -- Girls: (8-and-under) Riona Francis, 25 Back; (11-12) Natalie Purnell, 50 Breast; Mary Blodgett, 100 IM; Chloe Colligan, 50 Fly; Boys: Ryan Thies, 50 Breast; LJ Nadal, 50 Free; (13-14) Alexander Hoffman, 50 Breast, 50 Fly

Ben Lomond 'B' time standard achievers -- Girls: (8-and-under) Catherine Purnell, 25 Back; (11-12) Lauren Mazingo, 50 Back, 50 Fly; Natalie Purnell, 50 Fly; Toni Hunsicker, 100 IM; Misheell Salomon, 50 Free; (13-14) Lindsey Cornelius, 50 Free; (15-18) Nykea' Fountain, 50 Breast; Grace Purnell, 50 Breast; Heather Moya, 50 Back; Boys: (8 & under) Nathan Moya, 25 Fly; Jonathan Peters, 25 Free; J.B. Rowley, 25 Back, 25 Fly; (9-10) Animesh Tripathy, 50 Breast; (11-12) Ryan Thies, 100 IM; (15-18) John Rapp, 50 Fly; Joshua Turner, 50 Breast

Ducks of the Week

Congratulations to the following swimmers and their outstanding accomplishments last week:

Group One: Austen Corbett

Group Two: Isha Ghodgaonkar

Group Three: Spencer Sutherland and
Megan Stewart

Group Four: Katie Cornelius/Tyler Sutherland

Group Five: Chrissy Moya and Abby Purnell

Baskin Robbins Night on Wednesday, June 25 from 7pm-9pm: Meet the team for a casual, fun night of ice cream treats at the newest Baskin Robbins on Rt 234 in Manassas across from PW Hospital. A portion of the sales from that evening will be given back to the team, so come out and support the Ducks in a COOL way!

Divisional Swim Cap Slogan

Every year for Divisionals we unveil a new cap for each of our swimmers. We are trying to come up with a catchy phrase to put on the caps. If you have one that you would like to have considered, please let Sara (the lady with the clipboard) know by start of practice on Thursday. Please keep in mind they must be in good taste and within the guidelines of good sportsmanship. We will vote on the entries and the winner will be announced that night. Here are some suggestions:

Instant champion ... just add water.

Are you lost? Follow me to the wall.

I trained mine off so I can kick yours.

Catch up! I hate swimming alone.

How do my feet look from back there?

Let's Get Wet!

REWARD: POSTER CONTEST

Put on those thinking caps and get those creative juices flowing! Posters will be judged on June 26th with the winner receiving an IPOD SHUFFLE!

Saturday's Meet, June 21 @ Sudley @730am

Be at the pool by 6:30am to be ready for warm ups at 7am--Check in with your coach right away so they know you are there. Sudley is asking our team to park in the mall parking lot across from the pool and on the Target side. The address of the pool is 8613 Rixlew Lane, directly across the street from Target at Manassas Mall. SWIM FAST!!!

Volunteers needed for the Sudley Meet:

We still are in need of volunteers for every position at the meet on Saturday. If you haven't taken your turn to volunteer yet, now is the time to step up. Every family must contribute in some way to help run a smooth meet or the meets can't and won't happen! We have everything from being on deck to being in the shade, running cards or sitting down. See Sara (the lady with the clipboard) each week to put your name in a volunteer spot or email her at sarajane521@comcast.net.

Summer Swim Clinics:

Our clinics will begin on Monday, June 30th, immediately following our regular morning practice. Sign up sheets will begin circulating shortly.

Concession donations needed for 6/28:

Canned Sodas (Coke, Diet Coke, Pepsi, Diet Pepsi, Sprite or Dr. Pepper)

20 oz Gatorade (Fruit Punch, Cool Blue or Lemon-lime)

Bottled water (no sports tops please)

We also need donations of Pasta Salad (we found that noodles, a small amount of veggies, cheese, and dressing works great, or just noodles and dressing is good too).

Fruit Salad is also a big seller. We'll need these brought to Concessions on Saturday morning. Please let Leonard or Amber know what you plan to bring, so we know what to expect on Saturday.