

Duck Tales

Volume 34, Issue 5
June 24, 2008

Dates to Remember

- 6/25: Baskin Robbins Night at 7pm
- 6/26: Poster Contest and Tastefully Simple orders due to Amber
- 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 6/21

BLST 1968 points
Sudley Seahorses 3185 points

As Coach Jay said at Big Joe's after the meet, we've taken bigger teams to Sudley and lost by more points, so keep your chins up and let's move on! We hope everyone enjoyed swimming the events of their choice.

Ben Lomond triple winners --
Nicholas Hoffman, 13-14 50 Free, 100 IM, 50 Back; James Crabb, 15-18 50 Free, 100 IM, 50 Fly

Ben Lomond double winners -- Amy Layne, 11-12 50 Free, 100 IM; Nihar Bhat, 9-10 50 Breast, 25 Fly

Ben Lomond other top place finishers
--Girls:(8&U-and-under) Saloni Deshpande, 3. 25 Free, 3. 25 Back; Ariadna Sanchez, 2.25 breast, 1. 25 Fly;(9-10) Katie Cornelius, 4. 50 Free;(11-12) Lauren Mazingo, 4. 100 IM; Natalie Purnell, 3.100 IM; Mary Blodgett, 2.100 IM, 1.50 Breast; Chloe Colligan, 4.50 Back; (13-14) Rucha Bhat, 4.50 Free, 4. 100 IM, 3.50 Fly; Lucy Bennett, 2. 100 IM; Cristina Hunsicker, 4.50 Back, 2.50 Breast; (15-18) Jessica Layne, 3.100 IM; Natalie Sterling, 2. 100 IM;
Boys:(8&U-and-under) Evan Thies, 4.25 Fly, 3.25 Back, 3. 25 Breast; Nathan Moya, 4.25 Back; (9-10) Nate Romanowski, 4.50 Back, 4.25 Fly;(10&U-and-under),3.100 IM; (9-10) Animesh Tripathy,4.50 Breast; Daniel Anwanwan,3.50 Breast,2.50 Free;(10&U-and-under) Jason Thies,4.100 IM; 11-12) Ryan Thies,2.50 Breast; Andrew Franklin, 3.50 Back; LJ Nadal,4.50 Breast, 3.50 Free;(13-14)Alexander Hoffman,3.50 Back, 3. 50 Fly; Daniel Utt,4.100 IM,2.50 Free,1.50 Fly; (15-18) Luke Persian, 4. 50 Breast; John Rapp, 3. 50 Free

Ducks of the Week

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

Group One: Catherine Purnell

Group Two: JB Rowley

Group Three: Chantell Garrett

Group Four: LJ Nadal

Group Five: Joshua Turner

Spirit Award: Sydney Thorpe & Amy Layne

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!

REWARD: POSTER CONTEST

Put on your thinking caps and get those creative juices flowing! Posters will be judged on June 26th with the winner receiving their very own IPOD SHUFFLE! (I know, I can hardly believe it myself!) Using a poster sized board or foam board, create a BLST masterpiece that will help line Sudley Manor Drive and the whole entrance coming into Splashdown. It's awesome to drive in and see our tremendous team spirit and very intimidating to our rivals. (That's a good thing!) Posters must be in good taste and reflect the good sportsmanship of our team. Good luck to everyone!

Divisional Swim Cap Slogan

Are you lost? Follow me to the wall!

Thank you to all of our creative swimmers who came up with some really interesting phrases!

Pep Rally Friday 6-27, 8-9pm

Join us on Friday evening at the pool to help set up for our meet, hang our newest posters and to enjoy a fun evening of pizza and excitement! Bring your own drinks; pizza is \$1 per slice. Sign up now so we know how much pizza to buy!

Saturday's Meet 6-28 @ BLST

Be at the pool by 6:00am to be ready for **warm ups at 6:10am**. Check in with your coach right away so they know you are there. This is the first home meet of the season, we have the home pool advantage and we are ready to win!
HOW BAD DO YOU WANT IT?

Volunteers needed for our home meet:

We still are in need of volunteers for every position at the home meet on Saturday. 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.

Concession donations needed for 6/28:

Bring these items to any practice prior to the meet:

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.

Summer Swim Clinics:

Our clinics will begin on Monday, June 30th, immediately following our regular morning practice. Sign up sheets are now circulating. The cost for each clinic is \$18, but if you sign up for all 3 clinics the price is \$45. This is a perfect opportunity for our coaches to fine tune stroke technique by working closely with smaller groups for each individual stroke.