

Duck Tales

Volume 34, Issue 7
July 8, 2008

Dates to Remember

7/7-7/11: Breast Stroke Clinic
815am-915am

7/9: Movie Night 7pm

7/12: Dale City @ BLST

7/14-7/18: Butterfly Clinic
815am-915am

7/16: Rita's Italian Ice
7:30pm-9pm

7/19: Victory Lakes @ BLST

7/26: White Divisionals @ Victory
Lakes

7/27: Team Picnic & Pool Party

Swim meet results for 7/5

BLST 2106 points

Kingsbrooke 3044 points

Way to swim DUCKS! To put things into perspective, this team had nearly **100** more swimmers than us! Having said that, our kids swam well and kept their chins up the whole meet. Our DQ's as a team are very low—the strokes you are swimming are looking nice and clean. Having trouble with breast or fly? It's not too late to sign up for our clinics!

Ben Lomond triple winners -- Ariadna Sanchez, 8&U- 25 Back, 25 Breast, 25 Fly; Amy Layne, 11-12 100 IM, 50 Back, 50 Fly; Nihar Bhat, 10&U 100 IM, 50 Breast, 25 Fly; James Crabb, 15-18 50 Free, 50 Back, 50 Fly

Ben Lomond double winners -- Lucy Bennett, 13-14 100 IM, 50 Fly; Nicholas Hoffman, 13-14 50 Free, 50 Back

Ben Lomond 'A' time standard achievers -- Girls: (8&U-) Riona Francis, 25 Breast; (11-12) Lauren Mazingo, 50 Back; (13-14) Lucy Bennett, 100 IM, 50 Fly; Boys: (9-10) Daniel Anwanwan, 50 Breast; (10&U) Nihar Bhat, 100 IM; (11-12) LJ Nadal, 50 Back

Ben Lomond other top place finishers -- Girls: (8&U) Riona Francis, 4. 25 Fly, 3. 25 Free, 3. 25 Breast; (9-10) Katie Cornelius, 4. 50 Free, 4. 50 Breast; (11-12) Natalie Purnell, 3. 50 Fly, 2. 100 IM; Mary Blodgett, 2. 50 Breast; Chloe Colligan, 4. 50 Back, 4. 50 Fly, 3. 100 IM; Sydney Thorpe, 3. 50 Breast, 2. 50 Free; (13-14) Rucha Bhat, 3. 100 IM, 3. 50 Fly, 2. 50 Free; Maureen Myrvold, 3. 50 Free; Abbie Purnell, 4. 50 Back; Cristina Hunsicker, 2. 100 IM, 2. 50 Back, 1. 50 Breast; (15-18) Carly Blodgett, 3. 50 Breast; Boys: (8&U-and-under) Evan Thies, 4. 25 Free, 3. 25 Breast; Nathan Moya, 3. 25 Fly, 2. 25 Back; (9-10) Nate Romanowski, 2. 50 Breast; (10&U) 4. 100 IM; (9-10) 2. 25 Fly; Spencer Sutherland, 4. 25 Fly; Animesh Tripathy, 3. 50 Breast; Daniel Anwanwan, 2. 50 Breast, 1. 50 Free; Miguel Nadal, 4. 50 Free, 4. 50 Back; Jason Thies, 2. 50 Back; (11-12) Aaron Romanowski, 4. 50 Fly; Ryan Thies, 4. 50 Free, 2. 50 Breast; Andrew Franklin, 2. 100 IM, 2. 50 Fly, 1. 50 Back; LJ Nadal, 4. 50 Breast, 3. 50 Back, 1. 50 Free; (13-14) Zachary Goulet, 2. 50 breast; Alexander Hoffman, 4. 50 Fly, 3. 100 IM, 2. 50 Back; Daniel Utt, 3. 50 Free, 3. 50 Back, 1. 50 Fly; (15-18) Dieter Seltzer, 4. 50 Breast; Luke Persian, 3. 50 Breast

Ducks of the Week

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

Group One: Gabby Lazaneo

Group Two: Collin Bowman

Group Three: Corey Brown

Group Four: Natalie Purnell and Daniel Anwanwan

Group Five: Daniel Utt

Saturday's Meet vs. Dale City @ HOME

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. If you haven't signed up yet in a volunteer position, please see Sara (the lady with the clipboard) or email her at sarajane521@comcast.net. We especially need help with positions off the deck such as clerks of course, ribbons, concessions, and runners. We can easily and quickly train you for any of these spots and you'd really be helping out the team!

HOW BAD DO YOU WANT IT?

Summer Swim Clinics:

Our clinics have started but it's not too late to still sign up for the butterfly and/or breaststroke clinics. They are immediately following our regular morning practice. See Sara to put your swimmer's name on the sheets, which are still circulating. The cost for each clinic is \$18. This is a perfect opportunity for our coaches to fine tune stroke technique by working closely with smaller groups on each individual stroke.

Movie Night Wednesday July 9 @7pm

Join the team for movie night at Manassas Cinemas on Mathis Avenue for the showing of WALL-E, the newest Disney/Pixar movie. If you've already purchased your tickets be sure to bring them with you. If you still need to buy them you can get them Wednesday morning at practice for \$3 or at the door Wednesday evening for \$4. Regular concessions will be available all evening.

Home meet concessions

You can start bringing your donations to practices anytime for our home meet on Saturday. We always need Gatorade, canned coke and pepsi products, pasta salad and fruit salads. We are also looking to have a few extra people on hand during the meet to help out with concessions. If it gets really busy down there (which is always does!) and people have to wait in long lines they get frustrated and leave and we lose money. Even if you can just help for a quick 30-45 minutes they can use all the help you can give! See Amber or Leonard if you have any questions.

Board Positions Open

Each year at our end of season picnic we elect new board members to replace current members who are vacating positions. If you would like to be considered for a board position please let a current member know ASAP! We are also in need of committee members to help with things such as fundraising, recruiting, equipment, and computer support. We would love to have some new people step forward to ensure the continued success and strength of our team. If you have any questions or would like more information about a certain position, please talk to Jay or another board member.