

Bitterroot Swim Team Newsletter



Congrats Swimmers!!

Team Results

BST- 1,673

Columbia Falls- 729

Conrad- 513

High Point Winners

Guy Schreckengust

Sam Couch

Zach Walters

Jaden Gabelhausen

NEXT

STOP...CONRAD!!!

**Approximate Distance:
250 miles**

**Approximate Time: 4-4
½ hours**

**Pool Name: Conrad
City Pool**

**Directions- West off
main business street,
behind shopping
center**

Just a reminder:

*-Remember to turn in
your suits at the end of
ever meet so they can be
cleaned*

*-if you are not on a relay
but think you should be,
contact Coach Polly or
Coach Frye*

Weekend Tips:

**Eat Plenty of
Carbohydrates for
energy. Pasta is
always a good
source.*

**Drink lots of water
even if you are not
thirsty, your body
needs to stay
hydrated*

**Stay in the shade,
the sun will take all
your energy*

**Don't run around
too much between
races, save your
energy for your
races!!*

**Eat lots of fiber,
like fruit.*

*THANKS JIM FOR SUCH A
GREAT BREAKFAST!!*

Don't forget Sunday mornings::

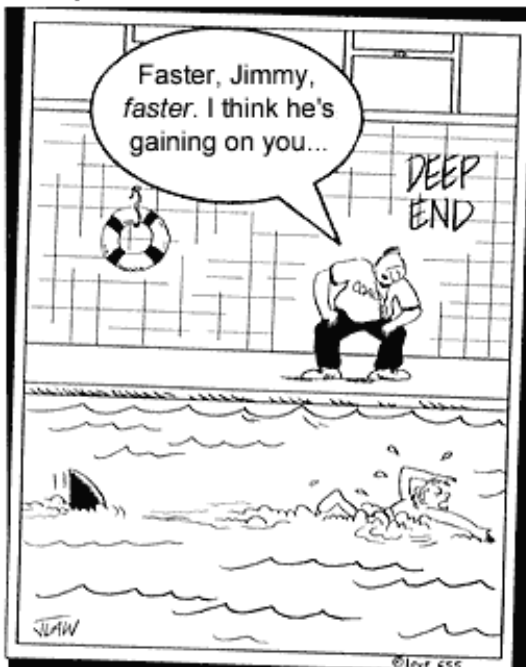
TEAM BREAKFAST!!!

*Swimmers of the
Week:*

Jake Wood

Braydin Golden

Snapshots at jasonlove.com



Mr. Pimble's controversial swimming class.