

Bitterroot Swim Team Newsletter

SWIMMERS OF THE WEEK:

Helen Madeen

Carson Halden

CONGRATS SWIMMERS!!

TEAM SCORES:

Shelby-1386

Chester-573

Conrad- 559.5

BST- 450

BST only brought 17 swimmers!

HIGH POINTS

Stephani Henson- Senior Girls

NICE JOB STAYING
UNDER THE TEAM TARP
THIS WEEKEND!

KEEP IT UP!!

GET READY FOR DIVISIONALS IN COLUMBIA FALLS!!

Approximate Distance: 183 Miles

Approximate Time: 3 ½ - 4 Hours

Pool Name: Columbia Falls City Pool

*Directions: Corner of HWY 2 and 4th
Ave West*

ITS DIVISIONAL TIME!!

It is a very important time of the year for the swimmers of the BST, so here are some helpful hints to do well this weekend!

~Stay Hydrated, Drink Lots of Water

~Eat Lots of Carbohydrates for Energy

~Get Lots of Rest, You Will Need It!

~Practice Hard, You Can Only Get Better

~Stay Focused, only two weekends left!

PASTA PASTA PASTA!!!

It's that time again! BST annual pasta feed, divisional poster making, and board elections!

Who: All BST families

When: Thursday, July 23rd, 7 pm

Where: Kiwanis Park

What to bring: Plates, drinks, utensils, poster board, art supplies

Last names: A-H: Desserts

I-P: Main Dish

Q-Z: Side Dish

RECORD BREAKERS:

Stephani Henson

400 free

New Time: 4:51.31

Sam Couch

200 IM

New Time: 2:47.68