

# BST 2011 Newsletter

Team word of the season is **RESPECT**

....respect yourself,  
your teammates, your  
coaches, your team,  
and your competitors.

**Bitterroot  
Swim Team  
River Rats**

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## Conrad Swim Meet Schedule

8:00 a.m. Coaches meeting  
8:15 a.m. Team Warm-ups begin  
8:30 a.m. Stroke Judges meeting 9:00  
a.m. Timers meeting  
9:30 a.m. Meet Begins

**Good luck** to all our swimmers competing this weekend!

**Remember** to check road conditions before heading out due to recent flooding. <http://www.mdt.mt.gov/travinfo/floods.shtml>

**Reminder: There is a curfew for all swimmers.** Please enforce the curfew for your swimmer(s). This will help your swimmer perform well and will positively affect the overall team points.

**Campers: Be aware that quiet time exists from 10:30 pm-7:00 am.** Generators should be shut off at this time and individuals should be respectful of this time for everyone attending the meet.

*If you want to win  
you have to choose  
to compete -- John  
Wooden*

## Congratulations on 4th Place at Shelby!

### Help Needed!

We still need volunteers to:

Check on the locker rooms (sign up outside locker rooms)

Be on the Elephant Ear booth committee (BST Board)

Help with Divisionals (see Carla Albert)

New Stroke Judges (no experience needed-see Jim Woods)

**2010 BST Team-  
Placed 2nd at State Meet!**



**Ice Cream Social & Pictures on Wed. 6/22 at 6:30.** Families with last names starting w/ A-L please bring 1/2 gal. vanilla ice cream, M-Z bring 2 liters of rootbeer or orange soda. Thanks!!!



## Swimmers of the Week!

*Congratulations to  
Katie Frederick  
and Easton Powell  
on being Swimmers  
of the Week!*

### Upcoming Events

Conrad Swim Meet 6/18  
Parent Meeting @7:00 Sat.

Team pictures & Ice  
cream social-6:30 6/22

Cutbank Swim Meet 6/25

Columbia Falls  
Swim Meet 7/2

Chester Swim Meet 7/9

Plains Swim Meet 7/16

Divisionals/BST 7/23