

# 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**

Volume 1, Issue 5

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## Important Information

### \*Divisional Theme...Harry Potter!

Begin working on your costumes for the Divisional Parade. This year we will dress up like our favorite character from Harry Potter. Be ready to create some swimming magic at the BAC during Divisionals!

\***Jake says...**Make sure you are eating healthy so you are in the best possible shape for the upcoming meets.

\***Remember your manners** during the meets. Appropriate behavior is expected at all times!

\***Please** let your coaches know if you will or will not be going to the **State Meet**. This will help determine relays. Thank you!

### \*Divisional Update & Needs...

-**Tues. 7/19- 7:00** moving haunted swamp stuff

-**Wed. 7/20-7:00** string discs on lane ropes

-**Fri. 7/22-6:00** general set up; hauling chairs, tables, putting up timing tarps, Etc.



**BST motto:**  
**"Believe that you can do it and trust yourself to do it"**

**Attention Seniors! We need you to fill out your information sheet for senior recognition at Divisionals asap.**

## Tidbits...

**Plains Potluck**-we will be having a family potluck Sat. in Plains. Please bring your own main and a salad or dessert to share. (No chips and salsa please). \*Don't forget a chair, plate and utensils!

**State Breakfast**- We would like to have a team breakfast. We will sign up for a job, not the whole thing. Please see Rebekah Stamp if you would like to help. **WE NEED VOLUNTEERS!**

## Swimmers of the Week!

*Congratulations to Kaurie Albert, Nellie Moran and Jake Wood on being Swimmers of the Week!*

## Upcoming Events

Plains Meet	7/16-17
*Potluck	7/16

**We are still looking for Swim Shop volunteers. Please visit the sign up sheet on the BST board next to the boy's bathroom.**

Pasta Feed, Poster Making  
Annual Board Meeting 7/21  
6pm at BST  
**Divisional Gear Available 7/22**  
**For purchase**

BST Divisionals	7/23-24
Chinook State Meet	7/30-31
<b>Team Breakfast</b>	7/31
Awards Banquet	TBA

**High Point Swimmers from Chester: Katie Frederick, and Jaden Gabelhausen! Excellent job ladies!!! Check out this week's article.**

[http://www.ravallirepublic.com/sports/swimming-and-diving/article\\_0178d94c-acf4-11e0-93e2-001cc4c03286.html](http://www.ravallirepublic.com/sports/swimming-and-diving/article_0178d94c-acf4-11e0-93e2-001cc4c03286.html)



**Pasta Feed next Thursday at the BAC @ 6pm.**  
**Families:**  
**(A-M) Pasta Dish**  
**(N-Z) Salad or Dessert**  
Please remember to bring your own plates, utensils, drinks and chairs.  
**Seniors will practice!!!**