

# 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 6

July 26, 2011



## Important Information

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

Bring back you costumes for the State Parade. Please dress up like our favorite character from **Harry Potter**.

\*It is going to be **HOT** this weekend.

Be sure to drink a lot of fluids and eat fruit to stay hydrated! **H2O...H2O**

\*If you are cooling off away from the BST team tent, be aware of time and events so you don't miss your call to staging. We don't want anyone to miss their races!

\*Ideas for staying cool...

Cool Gel neck wrap

Spray bottle with fan

### \*Special Note of Thanks...

Bitterroot Coaches & Volunteers,  
On behalf of the Cut Bank team we would like to thank you for hosting Divisionals. It has been run extremely well and we felt spoiled with all the hospitality. You did more than having the best showers to make us enjoy the meet. The community did a great job and our parents loved the street dance. Thank you,  
The Cut Bank Coaches

### High Point Swimmers

**Katie Frederick,**

**Marie Morin,**

**Jaden Gabelhausen**

**Zander Smith!**

**Excellent job swimmers!**

Thank you to **ALL** the  
BST adults who helped  
with our meet. It was  
**SENSATIONAL! We  
couldn't have done it  
without you!**

### Tidbits...

**State Breakfast-** We will be hosting a breakfast on Sunday morning in Chinook from 7 to 9. If you wish to attend, be sure to sign up at the BAC on the BST board by **WEDNESDAY!** Pay Rebekah asap, she will be purchasing the food on Thursday, so we must have a head count and \$\$\$ before then. We could still use cooking or cleaning volunteers. Thanks!

### Elephant Ear Booth Sign-ups...

**It's that time of year;  
please remember to sign  
up for shifts at the  
Elephant Ear Booth. A  
sign-up sheet will be  
floating around at practice  
this week and then  
available at state and  
online.**

### 2011 Divisional Champions!!!

*BST Rocks!*

*We are taking 59  
swimmers to the  
state meet. 70% of  
our swimmers  
qualified.*

### Upcoming Events

**Chinook State Meet** 7/30-31  
**Team Breakfast** 7/31  
7-9 am  
Pancakes, Sausage, Eggs, Yogurt,  
Granola, and Fruit

**Awards Banquet** 8/3  
Corvallis United Methodist Church  
Eastside Hwy., Corvallis  
**6:00 pm**  
\*This is a potluck so please bring  
something to share along with your  
utensils, plates, and drinks.  
A-M Dessert or Salad  
N-Z Main Dish

Elephant Ear Booth 8/31-9/3