

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 4

July 6, 2011



Chester Swim Meet Schedule

Saturday & Sunday July 9th and 10th

8:00 am Coaches
8:15 am Warm Ups
9:00 am Stroke Judges Meeting
9:15 am Timers Meeting
9:30 am National Anthem
Meet Begins

Saturday Only

5- 7:00 pm Spaghetti Dinner – Catholic Church Basement
7-10:30pm **Karaoke**-Poolside

Good luck to all our swimmers competing this weekend!

Reminders-The Three T's are Mandatory!

Team Warm-up: Be there! This is the only way your coaches know you are here & ready to be on a relay.

Team Meeting: Be there to hear announcements and find out if you are on a relay team.

Team Tent: Stay here! This way we can find you quickly for any reason.

High Point Swimmers from C-falls: Katie Frederick, Jaden Gabelhausen, Marie Morin, and Sam Couch! Wow!!!



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

Congratulations on a sound victory for the third consecutive week!

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 at state if we have enough volunteers. Please see Rebekah Stamp if you would like to help.

Dead line tomorrow!

If you wish to place a "Well Wish" ad in the Divisional Meet program the deadline is July 7, 2011. Click here for the form.

<http://www.bitterrootswimteam.org/forms.html>

Swimmers of the Week!

Congratulations to Courtney Miller and Orion Boss on being Swimmers of the Week!

Upcoming Events

Chester Meet	7/9-10
T-shirts & Poster Making for Divisionals	TBA
Plains Meet	7/16-17
*Potluck	7/16
Pasta Feed and Annual Board Meeting	TBA
BST Divisionals	7/23-24
Chinook State Meet	7/30-31
Team Breakfast	7/31
Awards Banquet	TBA
Elephant Ears	8/31-9/3