

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 2

June 21, 2011

Cut Bank Swim Meet Schedule

June 25th & 26th

Schedule for Saturday & Sunday

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!

**Excellent Job at staging last
weekend!** You did a fantastic job
of being ready to swim. Keep up
the great work.

For BST parents going to Cut Bank,
we plan on having a **parent meeting**
on **Saturday evening 7:00** most
likely in the team area; the purpose
being information exchange, update
on Divisionals, and generally trying
to improve communication with any
issues/topics needed.

**Believe you can do it and
trust yourself to do it!**



"The five S's of sports
training are: stamina,
speed, strength, skill,
and spirit; but the
greatest of these is
spirit."
- Ken Doherty



**Congratulations on
1st Place at Conrad!
Let's win another in
CutBank.**

**Team Pictures and Ice
Cream Social**

Wednesday, June 22

6:30 BAC

Families with last names starting
w/ A-L please bring 1/2 gal.
vanilla ice cream, M-Z bring 2
liters of root beer or orange soda.
Thanks!!! *We could also use a
few additional ice cream scoops.*

**Swimmers of the
Week!**

*Congratulations to
**Lauren Kimsey and
Cameron Meikle** on
being Swimmers of
the Week!*

Upcoming Events

Team Pictures and Ice Cream Social@6:30	6/22
Cut Bank Swim Meet	6/25-26
Parent Meeting @7:00	6/25
Columbia Falls Meet	7/2-3
Chester Meet	7/9-10
T-shirts & Poster Making for Divisionals	TBA
Plains Meet	7/16-17
Pasta Feed	TBA
BST Divisionals	7/23-24
Chinook State Meet	7/30-31