

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 3

June 28, 2011

C-Falls Swim Meet Schedule

July 2nd and 3rd

Schedule for Saturday & Sunday
8:00 am Coaches meeting on deck

8:15 am Team warm-ups begin

9:00 am Stroke Judge's meeting

9:15 am Timer's meeting & warm ups end

9:30 am Meet begins

Good luck to all our swimmers competing this weekend!

Directions & Weather for the weekend:

<http://www.bitterrootswimteam.org/Travel%20Guide.html#TravelColumbiaFalls>

Here's a link to our article in the Ravalli Republic...

http://www.ravallirepublic.com/article_ed8ffce4-a0cd-11e0-a927-001cc4c03286.html



"To win you have to CHOOSE to compete"

John Wooden.

Choosing to compete is committing to swimming smart, working hard, and being prepared.

Congratulations on 1st Place at Cut Bank! (w/only 39 swimmers). Here we come Columbia Falls!!!

Thank You, Thank You, Thank You

We would like to say a heartfelt "Thanks" to Pam McGouldrick for being Team Mom extraordinaire, our newest stroke judge and suit mom as well! Also, thank you to Jim Woods for being Meet Referee in Cut Bank and last but not least to Rebekah Stamp for helping get all those kids to staging!!!

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 Lily Ogden and Gus Courchesne on being Swimmers of the Week!

Upcoming Events

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 and Annual Board Meeting	TBA
BST Divisionals	7/23-24
Chinook State Meet	7/30-31
Awards Banquet	TBA
Elephant Ears	8/31-9/3