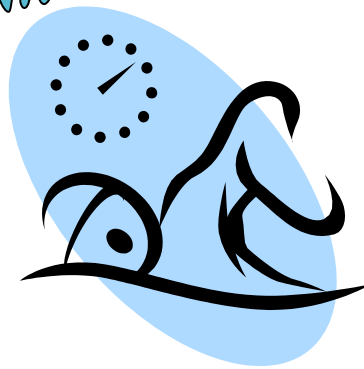


Bitterroot Swim Team News Letter



**Swimmers of the
Week:
Brennan Williams
and
Katie Frederick**

Congrats Swimmers!!
Team Scores:
Bitterroot-1811
Columbia Falls-546
Shelby-535
High Point Winners:
Philip Melnarik-
Bantam boys
Brennan Williams-
Midget Boys

Thanks to all the volunteers for making our Home Meet such a huge success and special thanks and congratulations to our Meet Manager Carla Albert!!

Helpful Hint:
Make a check list when you travel to make sure that you have everything you are going to need that way you don't forget anything essential!!

Get Ready For Plains!
Approx Distance: 122 miles
Approx Time: 2-2 ½ hrs
Location: Left on Willis St. over the Rail Road tracks, two blocks from down town
There is road construction through Arlee, it would be quicker if you go through St. Regis

A Note From the Coaches:
-Please stay under the team tarp to easily find swimmers
-Coach Frye is making a relay team challenge board, for more information, contact Coach Frye!

Notes of Interest:
-If you would like extra help, you can contact any of the coaches or Jake Wood or Stephani Henson
-Please make sure your suits are covered at all times and that you turn your suits in so they can be

Record Breakers:
Stephani Henson- 400 free
Old Record: 5:00.56
New Record: 4:57.70
Junior Boys relay- Daniel Gabriel, Cullen Williams, Eric Matt, Sam Couch
New Record: 2:15.63

Parents and Swimmers: Please remember that the Bitterroot Aquatic Center is hosting our practices and is in no way connected to the swim team, if you have any questions about the team please see a board member or our website at www.bitterrootswimteam.org. Also, please be courteous of the Bitterroot Aquatic Center and the employees and clean up after yourselves! THANK YOU!