

# Bitterroot Swim Team Newsletter



## SWIMMERS OF THE WEEK

Chelsea Diaz

Eric Matt

### GREAT JOB IN CUT

**BANK!!**

Team Scores:

BST- 1,188

Shelby- 936

Conrad- 865

High Points

Jaden Gabelhausen

Aidan Carmody

Sam Couch

Phillip Melnarik

Stephani Henson

\*\*BST took 5 of 10

highpoints!!\*\*

### RECORD BREAKERS:

Stephani Henson-400 free

### End of the Year Tips:

With divisional and state approaching quickly, here are some tips that will help you out at the meet

-Stay hydrated throughout the week, you should start drinking by at least Friday morning

-Carbo load! Carbohydrates are a great source of energy; eat lots of pasta to make sure you have enough energy!

### TEAM MOVIE NIGHT

Wednesday, July 15<sup>th</sup>

~First two practices movie choices: Ice Age or Up starting at 7. Ice Age is four dollars more because it is in 3D

~Late practice movie choices: Ice Age, The Hangover, The Proposal, My Sisters Keeper. All movies start at 9, Ice Age is four dollars more.

**HOPE TO SEE YOU THERE!**

### PASTA PASTA PASTA!!!

It's that time again! BST annual pasta feed, divisional poster making and board elections!

Who: All BST families

When: Thursday, July 23<sup>rd</sup>, 7 pm

Where: Kiwanis Park

What to bring: Plates, drinks, utensils, poster board, art supplies

Last names: A-H: Desserts

I-P: Main Dish

Q-Z: Side Dish

Q. Why did the girl have problems swimming?

A. She didn't have boy-ancy!

Q. why do you keep doing the back stroke?

A. I just had lunch and don't want to swim on a full stomach!!

### SHELBY OR BUST!!

Approximate Distance:  
274 miles

Approximate Time:  
4-5 hours

Pool Name:

Shelby City Pool

Directions:

Turn right after the Crossroads Inn, before Pizza Hut. You will run right into it after a few blocks!