

Important Information in this email:

- Volunteer Sign Ups on the team website: <https://www.swimbhsc.com/volunteer.html>
- Please arrive at BHSC by 4:15 (13 and ups) or 4:35 (12 and unders) for our meet versus Crozet (CGST) on Wednesday!
- Team Gear has arrived and can be picked up on deck
- Lost and Found for any missing items

Important Dates:

- **Monday, July 4th: no practice**
- Wednesday, July 6th: BHSC vs. CGST

Dear Boar's Head Families,

Thank you to everyone for your help and patience last week. Overall we had a wonderful week, including many spectacular first tries at new events and a handful of new team records. I would like to recognize James Levin for the new 8 and under boys 25m backstroke and 50m freestyle records, Eliza Osada for the new 13-14 girls 50 backstroke record, and Grace McCardle for the new 15-18 girls 50 backstroke and 100 freestyle records. I also want to thank our meet volunteers for stepping up and helping to fill the extra volunteer positions that were needed during the meet. For our upcoming meet with Crozet, we are still looking for some second half volunteers. If you are available and willing to lend a helping hand, please sign up at the link above or email Mrs. Cohen at (jmlcohen@gmail.com). All **practices on Monday, July 4th are canceled** for the holiday.

Wednesday's meet against Crozet is a between two large teams. Swimmers should be ready to race hard and challenge themselves, while enjoying the evening. The timeline for this meet will be similar to that of the FSBC meet, so families should come prepared with extra snacks and water. Additionally, because the two teams are large the meet is very full. Swimmers will be entered in events that they can best complete in a legal, timely manner. Several swimmers are entered as exhibition in some events, again due to the full lineups. Exhibition entries are denoted by an X next to the event entry for each swimmer. An exhibition entry means that if there is room in an open lane in an already created heat your swimmer will be able to swim that event. However, we cannot create a new heat for exhibition swimmers, and we must alternate the entry of exhibition swimmers with the opposing team. To see if your swimmer's exhibition entry makes it into the meet, please check the heat sheet on meet day. The requirements for exhibition entries are mandated by JSL, and I am happy to discuss any questions families might have. If your swimmer is not entered in the CGST meet or a specific event and you believe they should be, there are a few possible explanations:

- 1) I may have made a mistake. If this is the case, I apologize in advance. Please let me know by shooting me a quick email.
- 2) Your swimmer has not submitted the meet form and/or the JSL form. If this is the case, both forms can be found on the team website under registration here: <https://www.swimbhsc.com/registration.html>. Once you have submitted the necessary forms, please send me an email and I will enter your swimmer into the meet.
- 3) Your athlete is not able to complete an event in a legal and timely manner. This applies to all age groups. Over the past few weeks, the coaching staff have worked hard to help as many swimmers reach this threshold as possible, but not everyone is quite there yet. I want to

emphasize that this is okay! If swimmers aren't ready for this first meet, we have seven more weeks and six more meets for swimmers to grow and develop.

4) We have a limited number of entries for each event (excluding freestyle and 8&U backstroke). Exhibition entries are used to try to get as many swimmers into events as possible, but exhibition entries are not guaranteed swims.

I have attached tentative entries for our meet this week along with time results from our meet with CGST.

I want to also let families know that I have received most of our team suits and team gear ordered from our vendor. Please note that some suits were out of stock, mostly consisting of size 26s. We have found a replacement brand, Dolphine. I will send an email once the back ordered suits arrive. **Team gear and ribbons can be picked up on the BHSC pool deck during any practice time.** Please plan on picking up team gear soon. I also want to remind people of our lost and found, so if you are missing something please stop by and ask a coach to see if we have it. Please let me know if you have any questions or concerns!

Go Boarfish!

Noah