



# THE CHLORINE CHRONICLE

## **BOH vs. PLCC**

Today, is our last dual meet, against the Pine Lake Country Club Penguins. Looking at the line up, this is going to be another exciting meet! Please make sure that your swimmer stays out on the deck, cheering on the team until the end of the meet.

## **ONE MORE RECORD SMASHED!**

Congratulations to Pierre DeSmet, for breaking the boy's 13-14 IM Record at the last meet against FLCC.

## **UPCOMING EVENTS**

The end of our dual meet season, brings on an exciting Finals Week.

- July 29 - Summer Splash at MCC at noon.
- July 30 - 12 & up Pasta Dinner at 5:30pm.
- August 1 - Pictures and Paper Plate Awards at 5:00pm.
- August 2 - Breakfast of Champions during practice.
- August 3 - Prelims at PLCC
- August 4 - Championships at PLCC

## **12 AND UP PASTA DINNER**

This is a fire up dinner and a great bonding experience for our older swimmers, hosted by the Lindsays and the Otrembas. Parents are also welcome!

Monday, July 30 at 5:30pm  
5390 Putnam Drive, West Bloomfield MI 48323  
RSVP by Sunday, July 29 - 248-851-6951.

## **FAMILY FOLDERS**

Please make sure that you are checking your family's folder often. It is the best way that we can get information to everyone.

## **NEW CAPS!!**

We have ordered brand new caps and will have them in next week. We would like for every swimmer to purchase one for \$6.00, so that we can all look unified at the Championships.

## **MOBILE APP**

Everyone can follow this meet, live, on their mobile device! There is a link to the app at [www.bohbullfrogs.com/mobile](http://www.bohbullfrogs.com/mobile).

## **PICTURES, PLATES AND DINNER**

Mark your calendars!! Next Wednesday, August 1 is a very important day for our Bullfrog Nation! We take a team picture at 5:00pm. Being a small team, it's important to get EVERYONE out in their team suit for the picture! After the team picture, swimmers will have a chance to get individual pictures taken. We will then be serving our annual Fire Up Pasta Dinner, during which, our Capatins will be presenting each swimmer with a Paper Plate Award. This evening is a ton of fun, you definitely do not want to miss out!

## **IT'S TAPER T:IM.E!!**

Tomorrow, we kick off our taper season. We will be adjusting our practices in order to train correctly for the Finals. We also ask our swimmers to commit to eating healthy diets between now and the Finals on August 4. Parents can help by following the Blog posts next week. <http://www.bohbullfrogs.com/blog/>

## **FINALS LINE UP**

We will be working on the finals line up tomorrow. Please let us know ASAP, if you will not be able to attend the Prelims and/or Finals. Thanks!

## **SUMMER SPLASH/CHAMPIONSHIPS**

Not everyone on the swim team can be entered in the Championships on August 3 & 4 at PLCC. Since there are no exhibitions and we can only enter one relay per event, there are not enough spots for everyone. This is especially true in the age groups where we have several swimmers.

After tonight's meet, the coaches will decide on the Championship entries. Anyone that is not entered in the Championships at PLCC will be entered in the Summer Splash. Summer Splash is the "B" Championships and are held on July 29 at MCC, warm up will begin at 12:00pm.

## **CHAMPIONSHIP DINNER RESERVATIONS**

Each club has a limited number of seats available for the Championship Dinner Dance on Saturday, August 4. Please talk to Lisa by this Friday, about getting your reservations in.

Swimcerely, *Mark Brown*