

Dominion Valley Meet First Place Finishers

- Kayla Bianchi**- Girls 9-10 100 M Medley Relay, Girls 9-10 50 M Free, Girls 9-10 50 M Back, Girls 9-10 50 M Breast, Girls 9-10 100 M Free Relay
- Elliot Brant**- Boys 13-14 200 M Medley Relay, Boys 13-14 200 M Free Relay
- Madeleine Brant**- Girls 9-10 100 M Medley Relay, Girls 10&U 100 M IM, Girls 9-10 100 M Free Relay
- Brooke Cash**- Girls 11-12 100 M Medley Relay, Girls 11-12 50 M Free, Girls 11-12 50 M Breast, Girls 11-12 50 M Fly, Girls 11-12 100 M Free Relay
- Chloe Colligan**- Girls 13-14 200 M Medley Relay, Girls 13-14 50 M Free, Girls 13-14 50 M Back, Girls 13-14 50 M Fly, Girls 13-14 200 M Free Relay
- Ben Cumberland**- Boys 15-18 200 M Medley Relay, Boys 15-18 200 M Free Relay
- Luke Cumberland**- Boys 11-12 50 M Free, Boys 11-12 50 M Breast, Boys 11-12 50 M Fly
- Will Cumberland**- Boys 9-10 100 M Medley Relay, Boys 9-10 50 M Free, Boys 9-10 50 M Breast, Boys 9-10 25 M Fly, Boys 9-10 100 M Free Relay
- Danielle Cunningham**- Girls 11-12 100 M Medley Relay, Girls 11-12 100 M Free Relay
- Ryan Cunningham**- Boys 8&U 100 M Free Relay
- Sean Cunningham**- Boys 8&U 25 M Free, Boys 8&U 100 M Free Relay
- Hannon Daigler**- Boys 15-18 200 M Medley Relay, Boys 15-18 100 M IM, Boys 15-18 50 M Breast, Boys 13-14 50 M Fly, Boys 15-18 200 M Free Relay
- Samantha Daigler**- Girls 11-12 100 M Medley Relay
- Samuel Fleshman**- Boys 13-14 200 M Medley Relay, Boys 13-14 200 M Free Relay
- Alex George**- Boys 9-10 100 M Medley Relay
- Nathan George**- Boys 13-14 50 M Breast
- Cole Gideonse**- Mixed 8&U 100 M Medley Relay, Boys 8&U 25 M Back, Boys 8&U 100 M Free Relay
- Emily Goodrich**- Girls 15-18 200 M Medley Relay, Girls 15-18 50 M Back, Girls 15-18 200 M Free Relay
- Nathan Kania**- Boys 15-18 200 M Medley Relay, Boys 15-18 200 M Free Relay
- Lexi Keith**- Girls 11-12 100 M Free Relay
- Ryan Keith**- Boys 9-10 100 M Medley Relay, Boys 9-10 100 M Free Relay
- Rebecca Lloyd**- Girls 15-18 200 M Medley Relay, Girls 15-18 50 M Fly, Girls 15-18 200 M Free Relay
- Andrew Lyman**- Boys 10&U 100 M IM, Boys 9-10 100 M Free Relay
- Sam Maranto**- Boys 13-14 200 M Medley Relay, Boys 13-14 50 M Free, Boys 13-14 100 M IM, Boys 13-14 50 M Fly, Boys 13-14 200 M Free Relay
- Jessica Marquis**- Girls 13-14 200 M Free Relay
- Rebecca Mazur**- Mixed 8&U 100 M Medley Relay
- Coulter Morrill**- Boys 11-12 100 M IM, Boys 11-12 50 M Back
- Brendan Murphy**- Boys 9-10 100 M Medley Relay, Boys 9-10 50 M Back, Boys 9-10 100 M Free Relay
- Claire Niemeier**- Girls 9-10 100 M Medley Relay, Girls 9-10 100 M Free Relay
- Marcus Quint**- Boys 13-14 200 M Medley Relay, Boys 13-14 50 M Back, Boys 13-14 200 M Free Relay
- Mason Remaley**- Boys 8&U 25 M Breast
- Morgan Remaley**- Girls 13-14 200 M Medley Relay, Girls 13-14 200 M Free Relay
- Abigail Robertson**- Girls 15-18 200 M Free Relay
- Megan Roloff**- Mixed 8&U 100 M Medley Relay, Girls 8&U 25 M Back, Girls 8&U 25 M Breast
- Paige Romine**- Girls 9-10 100 M Medley Relay, Girls 9-10 25 M Fly, Girls 9-10 100 M Free Relay
- Jillian Stevens**- Girls 13-14 200 M Medley Relay, Girls 13-14 100 M IM, Girls 13-14 200 M Free Relay
- Claire Stiehm**- Girls 11-12 100 M Medley Relay, Girls 11-12 100 M Free Relay
- Ayaka Sugiura**- Girls 15-18 200 M Medley Relay, Girls 15-18 50 M Breast
- Naoki Sugiura**- Boys 15-18 200 M Medley Relay, Boys 15-18 200 M Free Relay
- Amy Tansill**- Girls 13-14 200 M Medley Relay, Girls 13-14 50 M Breast
- Ian Tansill**- Mixed 8&U 100 M Medley Relay, Boys 8&U 100 M Free Relay
- Kara Tansill**- Girls 15-18 200 M Medley Relay, Girls 15-18 50 M Free, Girls 15-18 100 M IM, Girls 15-18 200 M Free Relay
- Mary Claire Tansill**- Girls 11-12 50 M Back

DIVISIONALS- JULY 25TH AT RIDGEWOOD

Warm-Ups

Braemar has the second time slot for warm-ups, **6:20AM – 6:40AM**. The coaches are requesting that all swimmers arrive at the pool by **6:00AM**. Those swimmers swimming in relays must check-in with the Relay Coordinators upon arrival at the pool. If you do not check-in you may be replaced.

Directions to Ridgewood Pool

12350 Oakwood Drive

Rt. 28 to Rt. 234 (towards Dumfries)

8.4 miles on 234 to left on Hoadly Road

4.8 miles on Hoadly Road

Turn right onto Prince William Parkway

At 1.4 miles stay straight onto Old Bridge Road (Parkway veers to right)

2.6 miles on Old Bridge Road to left onto Oakwood

Pool on corner of Oakwood and Old Bridge Road

Parking

Parking will be allowed in the lower lot with permit only. If you have a blue permit please display it in your windshield. For those without a permit, you may park along Oakwood. There is no parking permitted from bus stop to corner of Old Bridge Road. If you park on Old Bridge Road, watch for "No Parking" signs. The police will ticket "no parking" areas.

Team Area

The Braemar Blaster Team Area will be to the right of the entrance to the pool around the fence. Look for posted signs. The coaches are requesting that our team sit together.

Deck Access

Access to the starting side of the pool and the clerk of course will be limited to people wearing official badges. Parents will be allowed to stand (film and take pictures) on the side by the baby pool and on the deck at the shallow end of the pool. Parents are invited to watch their children swim from this area, but not "camp out". This will be enforced by the Marshals.

Volunteers

Thank you to those parents who will be volunteering at the Divisional meet. Upon arrival at the pool please check in with your Volunteer Head. Ridgewood will distribute ID badges to all volunteers on Saturday.

Heat sheets will be sold for \$5.00.

RECORD BREAKERS AT DOMINION VALLEY MEET

Megan Roloff- Girls 8 & Under 25 Meter Freestyle (17.65) and Girls 8 & Under 25 Meter Backstroke (20.41)

Congrats to Megan because the backstroke record was also a Prince William Swim League Record!

Clinic:

Thursday- Turns and Finishes (at the Iona Sound Pool)

BRAEMAR BLASTERS 3002 DOMINION VALLEY SHARKS 2169

CONGRATS TO THE BLASTERS FOR GOING UNDEFEATED DURING THE REGULAR SEASON!

Spirit Week is THIS WEEK!

Please check the website and your folder for information about the fun activities the team has planned for the swimmers this week.

Blasters Rock Divisionals Pep Rally

**Friday, July 24th * 6:00pm
At Clareybrook Park (next to Rob Roy pool)
Hosted by Harris Teeter**

*Let's celebrate our undefeated season &
get ready to defend our divisional title...
wear your best Blaster spirit wear!*

We will be decorating car windows...
please bring your own window markers!

Hamburgers and hot dogs will be provided by Harris
Teeter. All Families please bring:
A-G Dessert * H-M Chips * N-Z Side Dish

Also don't forget your own drinks & chairs

**Please check in at the Personal
Best Ribbon Table**

AWARD CEREMONY

Please join the Braemar Blasters for an
afternoon of swimmer recognition and a
celebration of character

**When: July 26, 2009 at 2:00 pm
Where: Marsteller Middle School**

Awards will be given out in the gymnasium.
Cake and refreshments will be served in the
adjacent cafeteria following the
ceremony.

Swimmers of the Dominion Valley Meet

Kiley Smith	Beau Carney
Carli O'Donnell	Sean Cunningham
Ada Stanley	Jamey Bocompani
Maggie Voetberg	Coulter Morrill
Morgan Remaley	Adam Derstine
Tiffany Cryer	Naoki Sugiura

Swimmers of the Week

Gibson Macrae	Madeline Mazur
Gerald Lofton	Brianna Murphy
Matthew Lyman	Hanna Donofrio
Caleb McGuire	Kayla Fyock
Joshua Croasdell	Gillian Lowe
Ben Cumberland	Emily Goodrich

Upcoming Events

-July 20th-24th- SPIRIT WEEK!
-July 24th- Harris Teeter Pep Rally
-July 25th- Divisionals
-July 26th- Award Ceremony

Please check your family folder in
the team box! Newsletters,
ribbons, flyers, and pictures are in
many folders.

**Board election ballots are in
folders now. All Braemar
residents need to cast their
ballots by the end of morning
practice on Friday**

Reminder:

Please turn in your **Swim-A-Lap
donations** by July 23rd. Checks
should be made out to Braemar
Blasters and should be put in the
Maranto family folder. Thank you
to everyone who has contributed
so far.

**Remember! Go to
Pizza Margherita
after Divisionals!**