



Message From Coach Melissa

Hello Beavers! Congratulations on a great first meet of the season at WAEG. I think each and every person has something to be proud of. There is no swim meet this upcoming weekend so we are going to get some great training in during the next couple of weeks so we can see some big improvements in Bridgetown and Digby. We will be working on a bit of everything - sprinting, endurance, kick, pull, dives, and ESPECIALLY streamlines, turns, and finishes!

REMEMBER: The last five meters of a race are *CRUCIAL*. It is one of the most important parts of a race. Giving your all into the wall can make a big difference in times, placings and meeting your goals. Remember Michael Phelps "golden touch" at the 2008 Olympics? His last five meters and good finish allowed him to get another gold medal in 100 fly. He wouldn't have broken the most Olympic gold medals ever without this touch! So keep practicing it Beavers!

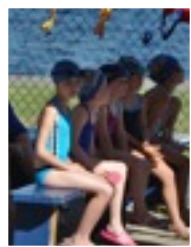
See you all at the pool!



T H E *Beaver* B U Z Z

Time Trial Dates

Please note that the time trial dates have been rescheduled. They will now take place on Monday July



11th and Wednesday August 3rd. the time trial on July 11th will be the "B" template. We will need senior officials, timers

recorders and marshalls. Please email Zeda to let her know how you can help out. at

zeda.redden@bellaliant.ca

Timers Clinic

We will be holding a Timer's Clinic on Tuesday July 5th, at 6:30pm at the LeBrien Centre in the Baby Den (below the Lions Den). Our objective

is to have at least one family

member be a trained

timer so we can meet

our obligations of

providing

volunteers

for the

meets. If

you have

not yet

signed up and

want to attend please

email Zeda at

zeda.redden@bellaliant.ca



Opening BBQ

Big thanks goes out to Stephanie Waters for an amazing Opening BBQ. The sun was shining the BBQ's were smoking the camera was flashing and there were a lot of smiles on faces. Great start to a great summer!!



Thanks to our Volunteers!!!



Coaches' Cooler - Havill Family

Thanks to our tent setup and coaches' cooler volunteers!!! As an "incentive" for volunteers for the coaches cooler and the tent setup, each week we will include a picture of the swimmers from the volunteering families in the buzz!

We still need volunteers for the all of the meets.

If you are willing to volunteer for any of the meets please email the website admin@bedfordbeavers.com

Job well done to **Shelly Tulloch** for organizing the team clothing this year. As many of you noticed when collecting your items some were missing. Items are still arriving and being distributed. We appreciate your patience.

Please send in your pictures so we can include them in the Buzz and end of the year slide show.