



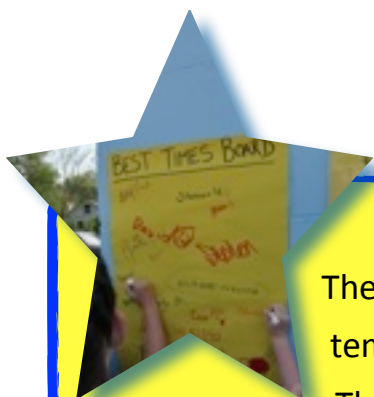
## WHATS BUZZ'N FOR THE WEEK

**Training  
27 - 1st**

**Time Trial  
June 29 4pm**

**Opening BBQ  
June 30**

**Waeg Meet  
July 2**



### Training

The Bedford Lion's Pool has just finished filling. Due to the water temperature, we will swim at Centennial Pool on Monday and Tuesday.

The 8 & U and 9/10 groups will swim from 4 - 5pm, and 11/12, 13/14, and 15 & U will swim from 5 - 6pm.

Afternoon training at the Lions Pool starts Thursday June 30th. There IS training on July 1st.

See Swimmers section of the website for the training schedule.



# T H E **Beaver** B U Z Z

**The Opening BBQ** will be held Thursday, **June 30** at the Bedford Lion's Pool from 4:00pm to 7:00pm. There is no practice that day, but instead, there is an open swim for swimmers and their families. This will be a great opportunity for new team members to get to know their teammates. We hope to see everyone there!

A photographer will be on hand to take both individual and team photos. Photo order forms and envelopes will be distributed this week at practice. Please bring the completed envelope with you to the BBQ. Team clothing should be ready for distribution that evening. We would love to see everyone in their Beaver gear for the picture and BBQ.

Food provided includes - hamburgers, hot dogs, veggie burgers, fruit and vegetables, drinks, etc. Swimmers eat for free. Siblings and parents are asked to pay \$2 for a hamburger and \$1 for a drink.

Volunteers are needed to help prepare and serve food, as well as set up and clean up. If you are able to help out, please e-mail Stephanie Watters at [jwatters@eastlink.ca](mailto:jwatters@eastlink.ca).



Our **first meet** is at the **Waeg** on Saturday July 3. Waeg is an "A" template. Our Warmup time is 7:45 – 8:00am. We are required to send our entries to Swim NS on Wednesday morning. If you are NOT attending please send an email to [meets@bedfordbeavers.com](mailto:meets@bedfordbeavers.com) no later than Tuesday.

Please note – there are no dogs and no smoking allowed at the Waeg facility. No parking on site, you will have to use the street.

We are required to provide 4 timers for the Waeg meet. Thus far we have 2 volunteers so still need 2 more. Please email Zeda at [zeda.redden@bellaliant.ca](mailto:zeda.redden@bellaliant.ca) to volunteer. The meet will not start if we do not have enough volunteer officials.

We will be holding our first **Time Trial** on Wednesday June 29 at the Bedford Pool beginning at 4:00pm. The time trial is for all swimmers.

Warm-up will take place from 4:00-4:30pm and with racing starting at 4:30pm. This is a great way to new swimmers to be introduced to how a swim meet generally goes and for returning swimmers to see where they stand after the winter!

We will be doing the "A" Template, and adding 25M Butterfly for the 8 & unders so that they also have 3 swims. The events will be run by gender



**All lined up and ready to go!** and age group. The order of events will be:

- Freestyle (short free)
- Backstroke
- Butterfly for 8 & unders
- Individual Medley 9 & up

We are still looking for people to marshal (organize and line up the kids for their races) and timers and recorders. Let Zeda know if you can help.

[Zeda.redden@bellaliant.ca](mailto:Zeda.redden@bellaliant.ca)

