

○ Evening Practices

These practices are designed for swimmers 8 yrs. of age and older. Swimmers must be able to train with the pace clock. Evening practices are reserved for those swimmers taking summer school courses or having summer employment. All practices are 6:30-7:30 PM. Practice dates for the remainder of the season appear below:

Mon., July 21, Tues., July 22, Wed., July 23, Thurs., July 24

○ Please Check the Team Website and Bulletin Board

The website (www.overlookswimteam.org) includes up-to-date information about the Overlook Swim Team. Keep checking it throughout the year for updated information. It may answer many of your swim team questions. The Bulletin Board, located at the Overlook Pool lobby, is used to post results, sign-up sheets, newsletters and meet rosters.

○ All-League Championships - Friday, Saturday, July 25 and 26

The All-League Championships will be held once again at the Manheim Community Pool (see Overlook swim team website for directions). The schedule for the All-Leagues is as follows:

Friday, July 25 - Medley and Free Relays for all ages

5:00 PM - Warm-ups

6:30 PM - Meet Start

Saturday, July 26 - Individual Events for all ages

7:30 AM - Warm-ups

9:00 AM - Meet Start

○ 2009 SWIM TEAM SCHEDULE - THIS IS STILL TENTATIVE!

Tues., June 9 - Millersville Relays (voluntary, sign-up meet)

Thurs., June 11 - Overlook Relays (all Overlook swimmers)

Sat., June 13 - Woodridge Classic and CV Invitational (voluntary, sign-up meet)

Tues., June 16 - East Petersburg (A) - all Overlook swimmers

Thurs., June 18 - Skyline (A) - all Overlook swimmers

Sat., June 20 - Ephrata Relays - Coach selects swimmers to participate

Tues., June 23 - Woodridge (H) - all Overlook swimmers

Thurs., June 25 - Make-up dual meet date in the event of rain

Tues., July 7 - Mt. Joy (A) - all Overlook swimmers

Thurs., July 9 - Eden Manor (H) - all Overlook swimmers

Sat., July 11 - Manheim Fast and Furious Meet (voluntary, sign-up meet)

Tues., July 14 - Make-up dual meet in the event of rain

Sat., July 18 - Divisionals (all Overlook swimmers)

Fri., Sat., July 24, 25 - All-Leagues (qualifying times for individual events)

Coach Dan urges all Overlook swimming families to take into account the swim meet schedule when planning vacations. We may be hosting All-Leagues next year so it will require the participation of all Overlook families. As you can see, the swim schedule is over on Saturday, July 25 (very early). There is also a one-week break over the 4th of July. It's great to have all families reap the benefits of full participation during the season. It shows commitment, responsibility, and a loyalty to one's team! Coach Dan appreciates greatly those families that hit 100% of all the meets in the summer season. We need a few more families on board.