

- **Pre-season Practice Schedule (MTHS pool) - All practices are one hour in length.**
Mon., June 2 - 4:00 PM (8's and 10's)
Tue., June 3 - 5:00 PM (12's, 14's, Opens)
Wed., June 4 - No Practice - MTHS Graduation
Thu., June 5 - 4:00 PM (8's and 10's)
Fri., June 6 - 5:00 PM (12's, 14's, Opens)
- **Regular Summer Practice Schedule at Overlook (June 9 through July 25)**
9:30 - 10:45 AM - selected 10's, 12's, 14's, and Opens
10:45 - 11:30 AM - 8's and 10's
- **Evening Practices** - These practices are designed for swimmers 8 yrs. of age and older. Swimmers must be able to do interval training with the pace clock. Evening practices are reserved for those swimmers taking summer school courses or having summer employment. If you're not sure, check with Coach Dan because space will be very limited.
Mon., June 9 - 6:30 - 7:30 PM
Wed., June 11 - 6:30 - 7:30 PM
Fri., June 13 - 6:30 - 7:30 PM
- **PLEASE CHECK THE TEAM WEBSITE AT: overlookswimteam.org.**
The website includes up-to-date information about the Overlook Swim Team. It may answer many of your swim team questions.
- **Golden Meadows Mini Meet - Saturday, June 7**
Overlook swimmers entered in the G. M. Mini Meet should plan to be at the Golden Meadows Swim Center by 7:50 AM. Our warm-up is at 7:55 AM in Lanes 2 and 3. When you arrive, look for the Overlook tent. Directions to Golden Meadows can be found on the swim team website. Our entries are posted on the wall next to the bulletin boards in the MTHS natatorium. Overlook is responsible for supplying one timer in Lane 3 for the entire meet. Parents, please sign up to time so we can rotate the responsibility throughout the meet. See the sign-up sheet next to our mini meet entries. The meet is generally over by 1:30 PM. Swimmers are permitted to leave after their last event. The meet will be held rain or shine.
- **Important Dates/Reminders - Please be sure to adhere to the sign-up deadlines**
Mon., June 2 - Deadline for Millersville Relay Carnival sign-up
Tue., June 3 - Deadline for reporting absences for Overlook Relays
Thu., June 5 - Deadline for Woodridge Classic sign-up
Sat., June 7 - Golden Meadows Mini Meet
Tue., June 10 - Millersville Relay Carnival (for those who signed up)
Thu., June 12 - Overlook Relays - All Overlook swimmers will be entered.
Sat., June 14 - Woodridge Classic and C.V. Invitational (for those who signed up)
Tue., June 17 - Skyline Dual Meet (Home) - All Overlook swimmers
Thu., June 19 - Woodridge Dual Meet (Away) - All Overlook swimmers
Sat., June 21 - Ephrata Relays - Coaches will choose swimmers based on times
Mon., June 23 - Swim Team Pep Rally
Tue., June 24 - Mount Joy (Home) - All Overlook swimmers