

○ **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 23 - No evening practice due to Pep Rally

Wed., June 25 - 6:30 - 7:30 PM

Fri., June 27 - 6:30 - 7:30 PM

○ **Please Check the Team Website and Bulletin Board**

The website (www.overlookswimteam.org) includes up-to-date information about the Overlook Swim Team. 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.

○ **Overlook Relays T-Shirts**

There were a number of Overlook Relays T-shirts that were not sold this past Thursday evening. We will sell the remaining T-shirts for \$5.00 on Tuesday evening at our home meet with Skyline. Please contact Lisa Kalinowski at 560-1205 for further details.

○ **Skyline Dual Meet - Tuesday, June 17**

On Tuesday, June 17, we will be hosting the Skyline swim team. Overlook swimmers should plan to arrive at the pool by 5:00 PM. The meet will begin promptly at 6:15 PM. Bring plenty of team spirit! Don't forget you must stay away from the pool on Tuesday afternoon.

Volunteers are still needed. There is a sign-up sheet on the team bulletin board.

○ **Woodridge Dual Meet - Thursday, June 19**

On Thursday, June 19, we will be traveling to the Woodridge Swim Club in Lititz for the second dual meet of the season. Overlook swimmers should plan to arrive at Woodridge by 5:00 PM. Maps to the Woodridge Swim Club can be found on the Overlook swim team website. No swimming pool on Thurs. afternoon!

Volunteers are still needed. There is a sign-up sheet on the team bulletin board.

○ **Ephrata Relays - Saturday, June 21**

Overlook swimmers scheduled to participate in the Ephrata Relays should plan to arrive by 7:45 AM at the Ephrata Community Pool. The relay championship is slated to begin at 9:00AM. Coach Dan was very disturbed at the number of people who gave him late notification of their absences. In a relay championship, three other individuals are very greatly affected by your absence. A list of participants was posted well in advance. The Ephrata Relays is a TEAM EVENT, and we are the defending champions. Thanks to all the swimmers who honored their commitment to the swim team and will be in attendance.

○ **Woodridge Classic**

The Overlook Swim Team captured the Woodridge Classic on Saturday, June 14. Overlook had 428 points followed by Skyline with 350.5 and third place Ephrata with 300.5. Congratulations, Overlook swimmers!

○ **Manheim Township Cup - Tuesday, July 1**

Overlook swimmers interested in competing in the MT Cup should sign up in the lobby at Overlook. Every age group will have a 25 Meter race in each of the four competitive strokes - freestyle, backstroke, breaststroke, and butterfly. Relays will be determined by the coaches based on times and the number of individuals who have signed up to participate. **Deadline for sign-up is Tuesday, June 24.** No post entries will be accepted. See sign-up display in the lobby!

The 2nd Annual MT Cup is a friendly competition in which all 4 Manheim Township teams participate (Bent Creek, Lancaster Country Club, Overlook and Skyline). It is hosted by Skyline and a portion of the proceeds from this event goes to a local charity.

○ **June 23rd Pep Rally Sign-Up**

The Pep Rally is the evening of June, 23rd at the Overlook Pool. Swimmers and family are invited to come and get psyched for Tuesdays meet against Mount Joy. The team will be tie-dyeing t-shirts. Swimmers must bring a white t-shirt in a plastic zip-lock bag. There will be team cheers, pizza and drinks, and lots of fun for all!

○ **Team Picture Day June 24th**

In order to get all individual and team pictures taken within the allotted time frame before the dual meet, it is requested that **all order forms and checks be completely filled out beforehand.** Start time for picture taking is 3:45 PM. It is requested that all swimmers be there for the team photo even if you are not purchasing an individual photo.

○ **Get Front Row Seats To All Of The Swim Meet Action!!!!!!**

How? By volunteering! What better way to see all of the action up front. There is no previous experience necessary or training needed (except for the Stroke/Turn Judges). There isn't anything parents won't do for their children and volunteering for 1 ½ to 2 hours at a few swim meets to help make their swim season successful and fun should be no different. All positions need to be filled in order to start the meet. Sign-up sheets are posted at the Overlook Pool on the team bulletin board.

○ **Important Dates/Deadlines**

Mon., June 23 - Swim Team Pep Rally

Tues., June 24 - Mt. Joy (Home) and Team Pictures

Tues., June 24 - Deadline for MT Cup sign-up

Thurs., June 26 - Make-up date for meet and team pictures

Tues., July 8 - Eden Manor (Away)

Thurs., July 10 - Adamstown (Home)