

○ **Evening Practices**

These practices are designed for swimmers 8 yrs. of age and older. Swimmers must be able to do 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 is very limited. All practices are 6:30-7:30 PM. Practices are Mon. and Wed. next week.

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

The website ([www.overlookswimteam.org](http://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.

○ **Pep Rally for Mount Joy Dual Meet - Monday, June 23**

Come join the fun at the Overlook swim team pep rally on Monday evening. Swimmers and families are invited to come and get psyched for Tuesday's meet against Mount Joy, the two undefeated teams in Division I. The team will be tie-dying 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.

○ **Mount Joy Dual Meet - Tuesday, June 24 - Team Pictures**

Overlook will host Mt. Joy on Tuesday, June 24 in the third dual meet of the season. Swimmers should first report to the pool by 3:45 PM for team pictures. Team picture order forms are in the file next to the swim team bulletin board and on the website. Photographer Kelly does expect the form to be returned with payment on Tuesday evening. This will be battle of the two undefeated squads in Division I. Overlook, are you ready? They'll be ready for you!!!

○ **Manheim Township Cup - Tuesday, July 1 - 5:00 PM**

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 participants. **Deadline for sign-up is Tuesday, June 24.** No post entries will be accepted. See sign-up display in the lobby. **Swimmers are permitted 2 individual events.**

○ **Ephrata Relays Wrap-up**

The Overlook swim team captured the Ephrata Relays with 424 points! There were TOO many disqualifications, however! Coach Dan was disappointed with the number of DQ's. See splits on the swim team bulletin board.

○ **ATTENTION**

Anyone needing to contact a coach for an emergency absence for the Mount Joy dual meet should call Coach Matt or Coach Amanda at the Overlook swimming pool at 569-2011. Coach Dan will be in Philadelphia for jury duty and unavailable.

○ **Note to Seniors and Their Parents**

Photos of Senior swimmers are needed for the banquet slide-show. There is only 1 month left before the banquet and it takes a lot of preparation to put this presentation together. **Please give pictures to team photographer Jere Hill as soon as possible.** If you have any questions feel free to ask Jere or any of the Board Members when you see them.

○ **Opportunities for the 2009 Season**

Overlook Swim Team is putting in a bid to host the All-League Championships. We are looking for team parents to step-up and help with this event. We would like to have a list of people in place **before the end of the season.** If you would like to help or would like more info, contact Beth Wolfe by email at [bethwolfe98@comcast.net](mailto:bethwolfe98@comcast.net).

○ **Volunteer Lists Are Posted**

Volunteer lists for some of the upcoming dual meets are posted on the bulletin board at the Overlook Pool. Please review the lists to see what you signed up for at registration and add your name to the list if you see any empty spots where you can help out.

○ **Have You Noticed.....**

The Overlook Pool is looking better and better each day. We had some concerns and issues at the beginning of the season and everyone has stepped up to help ensure that our season proceeded without problems. Thank you to Carl Neff, NT Parks & Rec., the MT Commissioners, Eric Urban and the whole Overlook Pool staff, and all others who were involved in addressing our concerns expeditiously in order to make this another fun and successful swim season.

○ **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)