

○ **Evening Practices**

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 next two weeks are:

Mon., June 30

Wed., July 2

Mon., July 7

Wed., July 9

Fri., July 11.

○ **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.

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

Overlook swimmers who are entered in the MT Cup should plan to arrive at the Skyline pool at 5:00 PM for warm-ups. Meet start is slated for 6:00 PM. Once again the MT Cup will focus on two charities. Cash proceeds will go to LAVORP. This group helps juvenile offenders and their victims reconcile. A high percentage of the juvenile offenders never commit another crime. The second charity is the Water Street Rescue Mission. Each swimmer/family is urged to bring a non-perishable item or a gift card. The Skyline swim team will have boxes at the pool entrance to collect all donations, and a representative from the Water Street Rescue Mission will be there. The meet will focus on the three C's: competition, camaraderie, and charity. A detailed meet report is posted on the bulletin board.

○ **Manheim Fast and Furious Meet**

Coach Dan has decided that the Overlook swim team will not attend the Manheim Fast and Furious Meet. Regretfully, Manheim has not supported the Overlook Relays for the past few years. Coach Dan feels very strongly that we should only attend those meets whose hosts have actively supported our fundraising event, the Overlook Relays. Also, last year's Fast and Furious Meet was very lengthy. If Manheim supports our relay carnival next year, then we will return to the Fast and Furious meet, as well.

○ **Practice on July 4th**

Practice for the older group will be 9:30-10:30 AM. The younger group will practice from 10:30-11:00 AM. The pool opens at 11:00 AM that day.

- **All-League Championships - Friday, Saturday, July 25 and 26**
A bulletin board with current qualifiers will be posted daily at swim team practices. It will be updated as new individuals qualify. **THERE ARE NO QUALIFYING TIMES FOR RELAYS.** Therefore, some swimmers who may not qualify in an individual event may be participating in All-Leagues as a member of a relay team on Friday, July 25th. Individuals events for all age groups fall on Saturday, July 26th. **Participation in All-Leagues is an honor.** Coach Dan feels very strongly that those who qualify should attend. It is not optional!

- **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.

- **IMPORTANT SWIM TEAM BANQUET INFORMATION!**
INVITATIONS FOR THE SWIM TEAM BANQUET HAVE BEEN PLACED IN YOUR SWIM TEAM FILE FOLDER! PLEASE CHECK YOUR FOLDER ASAP!

- **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.

- **Volunteer Lists Are Posted**
Volunteer lists for the 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.

- **Lost & Found**
LOST - At the Mount Joy Dual Meet there was an adult small tie-dye t-shirt with the name Mary B. on the tag. If you have this shirt please return to Mary Beitzel at practice this week.
FOUND - At the Overlook Relays or Skyline Dual Meet there was a MT Football cap found. It can be picked up at the Overlook Pool office.

- **Important Dates/Deadlines**
 - Tues., July 8 - Eden Manor (Away)
 - Thurs., July 10 - Adamstown (Home)
 - Sat., July 19 - Division I Championships at Skyline (All swimmers)
 - Sun., July 20 - Overlook swim team banquet at the skating rink