

○ **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., July 7
Wed., July 9
Fri., July 11
Mon., July 14
Wed., July 16
Fri., July 18

○ **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.

○ **Eden Manor Dual Meet - Tuesday, July 8**

Overlook swimmers should plan to arrive at the Eden Manor pool by 5:00 PM. Because of limited space and parking at the Eden Manor facility, carpooling is urged. Eden Manor has a four-lane pool so many swimmers have been entered in just two events. Coach Dan is doing his best at cutting down the length of what could be a very long and drawn out dual meet. Maps to Eden Manor can be found on the Overlook swim team website.

○ **Adamstown Dual Meet - Thursday, July 10**

Overlook swim team will host Adamstown in the last dual meet of the 2008 summer swim season. Swimmers should plan to arrive at the pool by 5:00 PM. This is the last opportunity for swimmers to break pool records and to record faster seed times for the Divisional Championships. It will also be the debut of the new lighting system at the Overlook pool. It should be an exciting evening!

○ **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!

○ **Important Dates/Deadlines**

Fri., July 11 - Swim for Cancer (see bulletin board for forms)

Sat., July 19 - Division I Championships at Skyline (All swimmers)

Sun., July 20 - Overlook swim team banquet at the skating rink

○ **Note to Seniors and Their Parents**

Photos of Senior swimmers are needed for the banquet slide-show. The banquet is July 20th 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!

There is also a copy of the invitation on the team's website.

○ **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.