

○ **Pre-season Practice Schedule at Manheim Township High School:**

All practices are 4:00 – 5:00 PM. Please come with your designated age group.

Mon., May 21 – 6 – 10 yrs.  
Tue., May 22 – 11 – 18 yrs.  
Wed., May 23 – 6 – 10 yrs.  
Thu., May 24 – 11 – 18 yrs.  
Fri., May 25 – 6 – 10 yrs.

Mon., May 28 – No Practice  
Tue., May 29 – 6 – 10 yrs.  
Wed., May 30 – 11 – 18 yrs.  
Thu., May 31 – 6 – 10 yrs.  
Fri., June 01 – 11 – 18 yrs.

○ **Time Trials**

Swimmers will be timed during practices at the Manheim Township High School pool. All swimmers will be timed in freestyle and a stroke of their choice (back, breast, or butterfly). The time trial schedule is listed below:

6 – 10 yr.-olds – Tues., May 29 and Thu., May 31  
11 – 18 yr.-olds – Wed., May 30 and Fri., June 01

If a swimmer gets timed on the first time trial date listed above, he/she may still attend on the second date because two to three lanes will be designated as practice lanes for those who have been timed previously.

○ **Ephrata Mini Meet – Saturday, June 9 – 9:00 AM**

The Ephrata Mini Meet, for swimmers 6, 7, 8, 9 and 10 years of age, will be held on **Saturday, June 09** at the Ephrata Rec. Center. Overlook will be attending the meet and all swimmers in the age groups listed above are encouraged to participate since it is a great warm-up for the competitive swim season and a good “experience” meet. Swimmers will be competing against others of the same age. Please sign up by filling out the form below. Return the sign-up sheet to Coach Dan by Fri., June 01.

○ **PLEASE CHECK THE TEAM WEBSITE AT: [overlookswimteam.org](http://overlookswimteam.org)**

The website includes up-to-date information about the Overlook swim team. It may answer many of your swim team questions. It also includes directions to meets.

-----Detach and return to Coach Dan by Friday, June 01-----

\_\_\_\_\_ would like to be entered in the Ephrata Mini Meet on Saturday, June 09.

Age \_\_\_\_\_ (as of June 01, 2012)

Check events below:

25 Freestyle \_\_\_\_\_ 25 Backstroke \_\_\_\_\_ 25 Breaststroke \_\_\_\_\_ 25 Butterfly \_\_\_\_\_