

BEYOND THE LANE LINES - 6/8/09

~ Information for families and swimmers of Mount Joy Lions Swim Team ~

Weekly e-mail: "**Beyond the Lane Lines**," is a weekly e-mail that will be sent to MJ swim team families with information for the upcoming week. I'll try to send it out before 9PM every Sunday evening throughout the season (though you're getting this week's on Saturday). The goal is to consolidate information for each week into one e-mail.

"**Beyond the Lane Lines**" will also be posted on the web site. (**However**, there will be times when we need to communicate important, and urgent, information throughout the week (i.e., host teams sometimes send out last-minute information regarding a meet, or if a meet is postponed due to inclement weather); so please, keep checking your e-mail and/or web site regularly to stay informed! We no longer use the phone chain.

****Attention Committee Chairpersons**** If you have any information that you would like included in "**Beyond the Lane Lines**," please get it to me by 3PM on Sunday afternoon (sjnelson@paonline.com).

Regular practice times: 7:45-9:30 AM (11&over)
9:30-10:30 AM (10&under)
10:30-11:00 AM (beginners)

6/8/09 week-at-a-glance:

Monday 6/8 -- 1st outdoor practice; sportswear sale

Tuesday 6/9 -- regular practice; sportswear sale

Wed. 6/10 -- 8:30-10:30AM all age groups, TEAM BUILDING (w/Breakfast); sportswear sale

Thursday 6/11 -- regular practice; sportswear sale; **Overlook Relays** (add'l info below)

Friday 6/12 -- regular practice; sportswear sale

Saturday 6/13 -- **Woodridge Invitational** (add'l info below)

****BREAKFAST**** for **Team Building Day on Wed. 6/10** - We plan to have breakfast for the swimmers during this practice (donuts, bagels, juice). We would appreciate any monetary donations and/or food donations from families. The swimmers will definitely appreciate it!! Contact Coach Brandi at blswez83@aol.com to offer donations or if you have any questions. Thanks for your support!

OVERLOOK RELAYS on Thurs. 6/11 - Entries have been submitted. Check the relay entries in the folder at the pool. Arrive at Overlook Pool by 4:45 PM for warm-ups. Directions to Overlook are on the web site. Watch for additional e-mails later in the week in case warm-up times change.

WOODRIDGE INVITATIONAL on Sat. 6/13 - Entries have been submitted. Check the entries in the folder at the pool. One more timer is still needed--you get FREE admission if you time! Warm-up information will be e-mailed later in the week.

EPHRATA RELAYS on Sat. 6/20 - We are in need of one open girl (or a 14&under who can "swim up"). Also, are any parents interested in swimming in the Mama's/Papa's relays?

MANHEIM INVITATIONAL on Sat. 7/11 - sign up by Thursday, 6/11. If you cannot get to the pool and want to swim in this meet, contact Shelby Nelson at sjnelson@paonline.com or 471-1635.

WILLOWOOD INVITATIONAL on Wed. 7/8 - MJ will be participating in this invitational. The sign-up folder will be available starting Fri. 6/12.

DUAL MEET SIGN-OFF SHEETS - are posted on the swim team board at the pool for the 6/16 (Woodridge) and 6/18 (Eden Manor) meets. All swimmers are expected to swim in dual meets. If you are not available to swim in a dual meet, you **MUST** write your name on this sheet, as coaches spend a considerable amount of time preparing the meet line-ups. Please **DO NOT** verbally tell the coaches during practice if you can't swim in a meet, they may not remember. It is your responsibility to write your name on the sheet!

SPORTSWEAR SALE - Rich Lucchese with Geared 4 Action will be at the pool each morning this week, selling sweatshirts, t-shirts and other clothing items with our new swim team logo. Check it out!! Contact Scott Stoner at sstoner@charterhomes.com if you have questions.

LEAGUE NEWSLETTER - is posted on the swim team board at the pool. Please take time to read the information that comes from the Lancaster County Summer Swim League.

WEB SITE - Please continue to make use of the team web site (see links below). Dave Schell is doing an excellent job of keeping this updated for your convenience. Thank you Dave!

TEAM WEB SITE: www.mountjoyswimteam.org

INVITATIONAL INFORMATION: www.mountjoyswimteam.org/2009invitationals.pdf

DIRECTIONS: www.mountjoyswimteam.org/cgi-bin/events.cgi (below the schedule)