

BEYOND THE LANE LINES - 7/6/09

~ Information for families and swimmers of Mount Joy Lions Swim Team ~
"these cats can swim"

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

TEAM WEB SITE: www.mountjoyswimteam.org

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

TIMER SCHEDULE: <http://www.mountjoyswimteam.org/timers2.htm>

DIRECTIONS: www.mountjoyswimteam.org/cgi-bin/events.cgi

7/6/09 week-at-a-glance: (it's a busy one!!)

Monday 7/6 -- regular practice

Tuesday 7/7 -- regular practice -- **DUAL MEET @ HOME (vs. Overlook)**

Wednesday 7/8 -- regular practice -- **WILLOWOOD INVITATIONAL** - directions on web site

Thursday 7/9 -- regular practice -- **DUAL MEET @ EAST PETERSBURG** - directions on web site

Friday 7/10 -- regular practice

Saturday 7/11 -- **MANHEIM INVITATIONAL** - directions on web site

DUAL MEET SIGN-OFF SHEETS - are posted on the board for the 7/7 (Overlook), 7/9 (East Pete) and 7/18 (Divisionals) meets. All swimmers are expected to swim in dual meets and Divisionals. **Please write your name on the sheet if you are not available to swim!**

DUAL MEET @ HOME on Tues. 7/7 - vs. Overlook, **Arrive 5:15 PM** for warm-ups

WILLOWOOD INVITATIONAL on Wed. 7/8 - **Arrive 3:15 PM** for warm-ups

DUAL MEET @ EAST PETE on Thurs. 7/9 - Away @ East Petersburg; **Arrive 5:30 PM** for warm-ups

MANHEIM INVITATIONAL on Sat. 7/11 - [AM Session \(11& up\)](#): **Arrive 7:15 AM** for warm-ups; [PM Session \(10 & under\)](#): **Arrive 12:00 noon** for warm-ups

DIVISIONALS on Sat. 7/18 - sign-off sheet has been posted. **Coaches need to know NOW if you cannot attend Divisionals! They will be doing the line-up this week!** It will be held at Woodridge (in Lititz), and is a split session meet: 12's, 14's, opens in the morning; 8's & 10's in the afternoon. Order of events for each session is the same as a dual meet: free, back, breast, fly, relays. Details were sent in a separate e-mail last week. **We need TIMERS:** 3 in the morning and 3 in the afternoon. E-mail Dave Schell ASAP dave@imakewebpages.com if you can time at the Divisionals meet. I need to have names by this Friday 7/10 to submit with our entries. Thank you!!

DUAL MEET RESULTS - can be found on the web site and in the folder at the pool labeled "Dual Meet Results." Please check the results to make sure your swimmers' times are entered correctly!

BEST TIMES - are now posted on the web site in the schedule/results area.

TIMER SCHEDULE FOR DUAL MEETS - Here is the schedule of timers for our dual meets this summer: <http://www.mountjoyswimteam.org/timers2.htm>. Dave Schell is in charge of this. If you signed up to help with timing, your name is most likely on this list. Contact Dave if any changes are needed. His e-mail is dave@imakewebpages.com.

SAVE-A-LIFE SWIM on Mon. 7/13 - Mark your calendars for Monday, July 13!! Mount Joy swimmers will participate in the Save-a-Life Swim for the American Cancer Society from 9-11 AM. Information is on the board at the pool. We will need persons to count swimmers' laps. Contact Suzanne Burger at burgerfam4@comcast.net with any questions.

INCLEMENT WEATHER - If a meet is postponed due to storms, we will do our best to e-mail everyone early enough to avoid unnecessary travel. Please understand, however, this may not always be possible. If the weather is questionable, please check your e-mail right before you would normally leave for the meet. **If there's no e-mail, then you should report to the meet as scheduled.** An e-mail will be sent if we know early enough to avoid travel.

(If anyone has information they would like included in "Beyond the Lane Lines," please get it to me by 3PM on Sunday afternoon to snelson@paonline.com.)