

BEYOND THE LANE LINES - 7/20/09

~ 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

7/20/09 week-at-a-glance:

Monday 7/20 -- regular practice

Tuesday 7/21 -- regular practice

Wednesday 7/22 -- regular practice

Thursday 7/23 -- regular practice

Friday 7/24 -- **REGULAR PRACTICE, ALL LEAGUES @ OVERLOOK (PM-relays)** - directions to Overlook on web site

Saturday 7/25 -- **ALL LEAGUES @ OVERLOOK (AM-individual events)**

ALL LEAGUES ENTRIES - can be found on the web site in the Schedule/Results area, and on the board at the pool. **Everyone please check the entries!** Even if your swimmer does not have a qualifying time for an individual event on Saturday, they may still be in a relay for the Friday PM session (or listed as an alternate). Warm-up information will be sent out later in the week.

TEAM PICNIC - will be held immediately following the All Leagues meet, Saturday, 7/25, from 6 to 10 PM, at the Mount Joy Pool. Everyone is to bring 1 hot dish and 1 cold dish to share. Bring your own plates, utensils, drinks, chairs, blankets, etc. A parent meeting will be held after the presentation of awards. Kids may swim in the pool during the parent meeting.