

The Swimmer's Ear

Mason Manta Rays

www.masonswimming.org

6-30-09

PRACTICE CHANGES

Wednesday 7/1: Normal practice schedule. Enter through HS Entrance due to Community Center being closed.

Friday 7/03 National: 7:30am-10:30am; Platinum: 6:00am-8:00am & 1:00pm-3:00pm; Varsity: 3:00pm-5:00pm; Gold: 10:00am-11:45am; Bronze: 11:45pm-1:15pm; All other groups: No Practice

Saturday 7/04 National: 8:00am-11:00am (lift first); Platinum: 7:00am-9:00am; Varsity: No Practice; Gold: 7:00am-9:00am

VOLUNTEER HOURS UPDATE

Due to the fact we did not host any meets this summer, the volunteer hour requirement has been cut in half. Thank you for volunteering this season. We still need volunteer timers for the senior meet, Regionals and JO's. If you have any questions or concerns, please e-mail Coach Ken at kheis@masonoh.org.

OHIO SWIMMING REGIONAL CHAMPIONSHIPS

FINAL ENTRIES COMING SOON

This championship meet is the long course version of the meet the Manta Rays hosted in February. There are no minimum time standards—all entries must be slower than the Ohio Junior Olympic time standard. The meet will be held on July 10-12 at St. X High School pool. All will swim in the morning and the top 16 will come back for finals at night. **MEET DETAILS WILL BE POSTED ONLINE AS SOON AS THEY BECOME AVAILABLE!**

JO CUTS MADE AT REGIONAL MEET: If you make additional State Ohio JO cuts at the Ohio Regional meet, we will enter you in those events at the Ohio Junior Olympic (JO's) meet. You will be entered in any JO events you qualify for at the Regionals meet unless you inform the coaches that you are unavailable at the start of the meet.

SENIOR 15 & OVER STATE CHAMPIONSHIPS TEAM TRIP UPDATE

This summer we are going make the Senior State Meet a team trip. We have 45 swimmers and eight chaperones attending this meet. We will be staying in on-campus housing (apartments) & eating breakfast and lunch in the new dining hall. This should be a great trip! We will have more details about the trip soon.

PLATINUM, GOLD AND HS GOLD CANOE TRIP

Platinum, Gold and HS Gold Manta Rays had a great time yesterday canoeing the Little Miami. Thank you for the few brave (and strong) chaperones who helped with this event!

MEET FEE INVOICES

Meet fee invoices for all meets except championships will be placed in your mailboxes on Thursday.

**Mason Manta Rays
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www.imagemason.org
www.masonswimming.org**