



# Maple Manor Swim & Dive Weekly Happenings

Week 4: June 18-June 24

Visit us online at [maplemanorswimclub.org](http://maplemanorswimclub.org)

## This week's schedule...

- Monday, June 19<sup>th</sup>** Morning Pre-team M/W Practice  
Morning Swim Practice  
Morning Dive Practice  
6PM Pasta Party
- Tuesday, June 20<sup>th</sup>** Morning Pre-team T/Th Practice  
Morning Swim Practice  
Morning Dive Practice
- Wednesday, June 21<sup>st</sup>** Morning Pre-team M/W Practice  
Morning Swim Practice  
Morning Dive Practice
- Thursday, June 22<sup>nd</sup>** Morning Pre-team T/Th Practice  
Morning Swim Practice  
Morning Dive Practice  
**Home Swim Meet (vs. Maplewood)**  
**Divers arrive 3:45pm**  
**Swimmers arrive 5pm**
- Friday, June 23<sup>rd</sup>** Morning Swim Practice  
Morning Dive Practice

## Morning Swim Practice

- 7:00 AM-8:30 High School  
8:30 AM-10:00 11 and up  
9:45 AM-11:00 10 and under  
10:45 AM-11:45 8 and under  
11:15 AM-12:00 Pre-team (Mon/Wed or Tues/Thurs)

## Dive Practice

- 8:30AM-10:30 All Ages Divers  
7:00 PM -8:00 Wednesdays (for 12-14 yr old divers that attend morning SWIM practice)

## Rained-out notifications

Get notified via text of  
cancellations  
due to weather.

**Text "Maple" to 84483 to sign up.**

## Annual Pasta Party/Potluck Dinner

**All Swim & Dive Team Families and Coaches are invited.**

This event officially kicks off the Maple Manor Swim and Dive Team Season! Get out of the kitchen and enjoy a night at the pool. Bring your suits and stick around for a fun night of swimming afterwards! It also doesn't have to be just pasta for the main entree or sides, anything is welcome!



### **Volunteers ARE Needed!**

A SignUpGenius link has been sent out for volunteers.

- Food assignments are as follows:  
\*If any items contain nuts, please label clearly.
- Hot Entree**, O - Z \*Each one should feed approximately 10 people.
- Salad/Side**, A - C \*Each one should feed approximately 10 people.
- Fruit/Dessert**, H - L \*Each one should feed about 20 people.
- Bread**, D - G \*Each one should feed about 20 people.
- Drinks**, M - N \*Each one should quench the thirst of approximately 20 people (i.e. water bottles, gallons of Iced Tea or Lemonade).

## Team Shirts Are Here!

All team members, including Pre-Team, receive a team shirt. A big THANKS to Unique for sponsoring them! Bea will be distributing them during time trials and next week's practices. Please label your shirt(s) with a sharpie and wear them to the meet on Thursday!



## Lollipop Meet

**Sign-ups for the Lollipop Meet are posted on the Swim Team bulletin board.**

This is a mini-meet for all team members 10 and under. Team members 11 and older will hold the jobs usually filled by the parents and coaches.

Swimmers age 10 and under will swim in traditional meet events. The swimmers earn lollipops after each event. (Divers may participate in meet. There are no diving events; there are only swimming events.)

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## Thursday, June 22<sup>nd</sup> 1<sup>st</sup> Home Meet (vs. Maplewood)

### Here are some points to remember...

- **Arrive on time for warm ups** and have your child check-in with a coach. The diving portion of the meet is typically ongoing at the time swimmers arrive for warm-ups. Please be quiet during this time so as not to disturb the divers.
- **Your child should set up "camp"** with others in his/her age group near the ready bench area—not by the spectators (except pre-teamers who can hang with older siblings or parents).

- **Make sure your child knows where to find you at the end of the meet.** As a traditional show of sportsmanship, the two teams shake hands and then go home. Sometimes it can be hard to find each other in the dark—make plans to meet either at their "camp" or other designated area.
- **At the end of the meet, clean up your area, pick up trash and help put a couple chairs back.**
- **Big and Little Brothers/Sisters** - The list is posted near the Swim Team bulletin board. Please check to see with whom your child is paired. Sometimes they give each other a treat or goodie bag and wish them well on their events during the meets. While it is fun getting and giving a goodie bag, this should not be the focus of the Big-Little relationship; the Big should be more of a mentor to their Little. We encourage cheering for each other during the meets.

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## Sign-Out Sheets for meets

### If you cannot attend a swim meet...

As soon as you know that your child cannot attend one of the meets, add their name to the 'sign-out' list for that meet. The 'sign-out' list is posted on the bulletin

board at the pool. This is important for the coaches because lineups are done several days prior to the swim meet.

If, on the day of the meet your child cannot attend due to illness or another reason, please contact the head coach (Brandon Pierce) or one of the managers immediately.

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## Looking Ahead...

**Monday, June 26<sup>th</sup>** Morning Pre-team M/W Practice  
Morning Swim Practice  
Morning Dive Practice

**Tuesday, June 27<sup>th</sup>** Morning Swim Practice (HS ONLY)  
8:30am Team Pictures at MM

**Wednesday, June 28<sup>th</sup>** Morning Pre-team M/W Practice  
Morning Swim Practice  
Morning Dive Practice

**Thursday, June 29<sup>th</sup>** Morning Pre-team T/Th Practice  
Morning Swim Practice  
Morning Dive Practice

**Home Swim Meet (vs. Hideaway)**  
**Divers arrive 3:45pm**  
**Swimmers arrive 5pm**

**Friday, June 30<sup>th</sup>** Morning Pre-team T/Th Practice  
(makeup from Tuesday)  
Morning Swim Practice  
Morning Dive Practice  
10am-12pm Lunch Bunch

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## Contact Info...

### Coach Brandon (Head Coach)

Email: bp91300@gmail.com  
cell: 513-312-2941

### Coach Ana Cubit (Head Dive Coach)

email: ana396@verizon.net  
cell: 267-664-4514

### Suzanne Netter (Team Manager)

Email: netterfamily@hotmail.com  
Cell: 267-218-6252

### Bea Cubit (Team Manager)

Email: bea62@verizon.net  
Cell: 610-724-9486