



Maple Manor Swim & Dive Weekly Happenings

Week 6: July 3-July 9

Visit us online at maplemanorswimclub.org

This week's schedule...

- Monday, July 3rd** Morning Pre-team M/W Practice
Morning Swim Practice
Morning Dive Practice
- Tuesday, July 4th** NO PRACTICES
The Club will have fun family activities throughout the day.
- Wednesday, July 5th** Morning Pre-team M/W Practice
Morning Swim Practice
Morning Dive Practice
Evening Dive Practice (12-14yr olds)
- Thursday, July 6th** Morning Pre-team T/Th Practice
Morning Swim Practice
Morning Dive Practice
Away Swim Meet (at Upper Moreland)
Divers arrive at 4:45pm
Swimmers arrive at 5:15pm
- Friday, July 7th** Morning Swim Practice (HS and 11 & Up groups ONLY)
Morning Dive Practice (8:30-10am)
Lollipop Meet (10am-12pm)
- Saturday, July 8th** **Away Swim Meet (at Sunny Willow)**
Divers arrive 6:45am
Swimmers arrive 8:15am

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 Mondays thru Fridays
6:00 PM -7:30 Mondays (for 12-14 yr old divers that attend morning SWIM practice)

Lollipop Meet

DEADLINE TO SIGN-UP IS JULY 5th

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.)

Pancake Breakfast Monday, July 10th

After each practice, the swimmers and divers are invited to enjoy pancakes, bacon and juice made by our amazing volunteers.

Sign-ups for volunteering have been included on the email.



CJ Martin Relay Carnival - Monday, July 10th at Oreland Swim Club

This fun event is sponsored by UDAC and brings together six summer swim clubs, Fort Washington, Manorlu, Manufacturers', Maple Manor, Oreland, and Sunny Willow.

The Relay Carnival was created in 1996 as a cooperative effort between UDAC and the Upper Dublin High School swimming teams, designed to promote swimming as a sport, Upper Dublin as a community, and the FUN of athletic competition. Many participants also represent neighboring communities and area schools. In 1998, the event was named for C.J. Martin, who swam for Fort Washington and UDAC for many years and was a member of the UDHS swim team. This year, as we gather again, we celebrate his love of the fun and spirit of competitive swimming.

Pre-Teamers do not swim in the relay carnival, but are welcome to come join the fun & dance party afterward.



Manorlu Mega-Distance Invitational

When – Sunday, July 16th 7AM warm up, 8AM start

Where – Manorlu Swim Club, 850 Twining Road

What – A Middle Distance Meet

Registration Information

- \$5 per event – Pay upon arrival to the meet (cash or check)
- See your coach to enter your events
- Deck entries will be accepted as space allows
- Not affiliated with a summer club? Email michellegkeillor@gmail.com to register.

Medals will be given to the top 3 finishers in each event.

High Point Trophy will be awarded to the male and female athletes who have accumulated the most points.
(Events will be scored 6-4-3-2-1.)

#Participation Ribbons for all 8 and under swimmers#

Events (swimmers may choose up to 5 events)

8 and under – 50 free, 50 back, 50 breast, 50 fly, 100 IM

10 and under - 50 free, 50 back, 50 breast, 50 fly, 100 IM

12 and under - 100 free, 100 back, 100 breast, 100 fly, 200 IM

14 and under - 100 free, 100 back, 100 breast, 100 fly, 200 IM

*15 and *Way Over* - 200 free, 100 back, 100 breast, 100 fly, 200 IM

*Yes, this is a true unlimited age group! Parents, coaches and alumni may participate!

Top Times and Champs

If you are new to swimming, here is some helpful information...

- These times are the top times for each age-group event throughout the league. They are helpful when determining eligibility into ‘A Champs.’
- ‘A Champs’ is the last meet of the season. Only the top 18 fastest swimmers in each age-group event (league-wide) are eligible.
- ‘B Champs’ is a league-wide championship meet. All swimmers, including pre-team, are invited to ‘B Champs’ (unless the swimmer qualifies for ‘A Champs’). Coach Brandon asks that swimmers write their name and 3 favorite strokes on an index card. He will use these cards to help determine the line-up for ‘B Champs.’

****If your swimmer is unable to attend Champs, please sign-out by Thursday, July 20th. Sign-outs are posted on the swim team bulletin board.**

Sign-ups for Mega-Distance is on the bulletin board

Dive-A-Thon at Maple Manor Wednesday, July 19th 8-11am

We will be hosting a fun league-wide diving competition for divers to show off skills they wouldn't normally be able to do during a regular meet and allows divers, who don't have a chance to participate in a regular meet, to compete.

There will be individual events and synchronized events. Diver entrance fee is \$10. Participants will be able to ask friends and family for pledges or donations that will go to their respective team. Maple Manor will be collecting pledges and donations for American Cancer Society / Relay for Life. (Rain Date is July 20th)

To register or for questions contact Ana Cubit ana396@verizon.net

Mini-Meet at Fort Washington Thursday, July 20th 9-11am

This fun, friendly meet is just between Fort Washington and Maple Manor swimmers. It is for **swimmers 10 years and younger including Pre-Teamers**. All swimmers are able to swim all four strokes and IM. Usually only the more experienced swimmers try the IM. It is a great opportunity for them to try it, since it is not a stroke they are able to swim in a regular meet.



Maple Manor Swim Team Midnight Madness

Please join us for games, fun, music,
camp fire, and food.

Friday, July 21st
6:30pm-11pm

**Children under 8 years old must have an
adult present**

Please RSVP on the TeamSnap app.

Sign-up for food donations and volunteers will be
sent out soon.

Contact Roseanne Degan (mr1111@comcast.net) or
Laura Brooke (laurambrooke@gmail.com)
with questions.

Congratulations to our Record Breakers!

Team Record Breaker: Abby Amdor
Girls 15-18 50 Back 32.47
(Formerly 32.58)

**Pool Record Breakers: Laura Pendleton, Samara Cheifetz,
Rebecca Pendleton, Abby Amdor**
Girls 15-18 200 Free Relay 1:55.22
(Formerly 1:58.11)



Vendors Wanted for 'A Champs' Meet at Maple Manor



- Meet is Saturday, July 29th
- Vendor set-up is 7am. Meet should end around 11:30am.
- \$25 per space
- Vendors supply their own table, chairs, tent, etc.
- A donation for our Raffle Basket Table is requested, but not required.
- Unless otherwise directed by Team Managers, vendor area will be located on grassy section in front of the clubhouse, along the walkway into the club. This is the best place with the most foot traffic!
- Vendors can pull-up their vehicle to unload, but need to park in the lot (not on the grass).

To sign-up or for more information, please contact Bea Cubit or Suzanne Netter.
Contact info is at the end of this newsletter.

Looking Ahead...

Monday, July 10th Morning Pre-team M/W Practice
Morning Swim Practice
Morning Dive Practice
Pancake Breakfast after every practice
CJ Martin Relay Carnival @ Oreland (a fun, non-league meet) Swimmers arrive 5pm

Tuesday, July 11th Morning Pre-team T/Th Practice
Morning Swim Practice
Morning Dive Practice

Wednesday, July 12th Morning Pre-team M/W Practice
Morning Swim Practice
Morning Dive Practice

Thursday, July 13th Morning Pre-team T/Th Practice
Morning Swim Practice
Morning Dive Practice

Friday, July 14th Morning Swim Practice
Morning Dive Practice

Saturday, July 15th Away Swim Meet (at ManorLu)
Divers arrive 6:45am
Swimmers arrive 8:15am

Sunday, July 16th Mega-Distance Meet at Manorlu (a fun,
non-league meet, sign-up at pool)

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