



# Maple Manor Swim & Dive Weekly Happenings

Week 8: July 17-July 23

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

## This week's schedule...

**Monday, July 17<sup>th</sup>** Morning Pre-team M/W Practice  
Morning Swim Practice  
Morning Dive Practice  
**Dine & Donate at Fireside**

**Tuesday, July 18<sup>th</sup>** Morning Pre-team T/Th Practice  
Morning Swim Practice  
Morning Dive Practice  
**Home Swim Meet vs. Fort Washington**  
**Divers arrive 4pm**  
**Swimmers arrive 5pm**

**Wednesday, July 19<sup>th</sup>** **Deadline to sign-out of Champs**  
Morning Pre-team M/W Practice  
Morning Swim Practice  
**Dive-a-Thon Event 8-11am**

**Thursday, July 20<sup>th</sup>** Morning Swim Practice  
Morning Dive Practice  
**Mini-Meet @ Fort Washington 9-11am**

**Friday, July 21<sup>st</sup>** Morning Swim 7:30-9am for all swimmers  
ages 11-18

Morning Dive Practice 8-9am  
**Team Day Events 9:30-11:30am**  
**Ice Cream Social 11:30am**  
**Midnight Madness 6:30-11pm**

### 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)

## Dine & Donate at Fireside

### Monday, July 17<sup>th</sup>

11:30am-10pm

Just mention that you are there to support Maple Manor Swim Team and they will donate 20% to the team!



## Team Day - Friday, July 21<sup>st</sup>



**9:30-11:30am is Team Day** is a 'Field Day' style event is a big hit with everyone on the team. The team is grouped into two teams (the White team and the Green team) and move through stations competing in fun events in and out of the water.

Please **SIGN-OUT** on the Team Snap app, if your child cannot attend.

Get your

## WAWA SHORTI HOAGIE VOUCHERS!

### \$4 per voucher

Contact Suzanne at [netterfamily@hotmail.com](mailto:netterfamily@hotmail.com) to get your vouchers. Cash or check accepted.



- Vouchers are good for any Shorti Hoagie at ANY Wawa location.
- Vouchers never expire!
- Great for lunch and dinner. Or give as gifts, party favors, Stocking stuffers, party favors, etc.

## Dive-A-Thon at Maple Manor Wednesday, July 19<sup>th</sup> 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 20<sup>th</sup>)

**To register or for questions contact Ana Cubit**

**[ana396@verizon.net](mailto:ana396@verizon.net)**

## Ice Cream Social

**11:30am Friday, July 21<sup>st</sup>**

following Team Day events

**Ice Cream Social** is held at the conclusion of Team Day. Swim team provides the ice cream, swimmers/divers are asked to donate the toppings. This buffet style ice cream party is a big hit among swimmers. There is a **Sign-Up Genius link** sent out with this email for toppings and volunteers



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## Mini-Meet at Fort Washington Thursday, July 20<sup>th</sup> 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.

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## Maple Manor Swim Team Midnight Madness

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

**Friday, July 21<sup>st</sup>  
6:30pm-11pm**

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

**Please RSVP on the TeamSnap app.**

A SignUpGenius link for food donations and volunteers was sent out with this email.

**\*\* Children must be signed up in advance  
for the event \*\***

Contact Roseanne Degnan ([mr1111@comcast.net](mailto:mr1111@comcast.net)) or  
Laura Brooke ([laurambrooke@gmail.com](mailto:laurambrooke@gmail.com))  
with questions.

## Team Banquet & Snake Cake

This event wraps up the regular season. It is a catered evening event. Swimmers and divers are celebrated and awards are presented. This event is for swimmers, divers and their families. This is a good time for swimmers to thank their coaches. You can choose to thank the coaches however you feel best, but even a simple note or 'thank you' is appreciated.



**A sign up sheet will be posted this week on the team bulletin board for THE SNAKE CAKE!** Please bring FROZEN cakes on Sunday the day before the banquet, and/or desserts the day of the banquet. For the many newbies... this is what the Bundt cakes get transformed into.

While the banquet dinner is catered, all drinks and desserts are provided by team families. There is a **Sign-Up Genius link** for volunteers, desserts and drinks with this email.

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## Vendors Wanted for 'A Champs' Meet at Maple Manor



- Meet is Saturday, July 29<sup>th</sup>
- 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.

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## Laps-for-Life - hosted by Maple Manor

**'Ride Our Wave for the Cure'**

All proceeds benefit American Cancer Society (via Wissahickon Valley Relay for Life)

**Saturday September 2<sup>nd</sup> 2017**

**9:00 - 11:00am**

**at Maple Manor Swim Club**



**Who can participate?** Anyone that can swim, kick or walk in the water (circle swim/walk format).

**How does it work?** There will be shifts of 30 minutes. One length of the pool is a lap; 50 meters counts as two laps. Goal is to complete as many laps as you can in your 30-minute shift.

**How do I sign-up?** Registration is only \$10. Registration will be available in person and online. Details will be sent out soon!

**All registration fees, donations and pledge money are due the day of event.**

Snacks & prize incentives for participants!

For Questions, please email Suzanne Netter at [netterfamily@hotmail.com](mailto:netterfamily@hotmail.com)



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## Looking Ahead...

**Monday, July 24<sup>th</sup>** Morning Pre-team M/W Practice  
Morning Swim Practice  
Morning Dive Practice  
**6pm Team Banquet**

**Tuesday, July 25<sup>th</sup>** Morning Pre-team T/Th Practice  
Morning Swim Practice  
Morning Dive Practice

**Wednesday, July 26<sup>th</sup>** Morning ALL Pre-team Practice  
Morning Swim Practice  
Morning Dive Practice  
**B Champs @ Maplewood Swim Club**

**Thursday, July 27<sup>th</sup>** Morning Swim Practice  
Morning Dive Practice

**Friday, July 28<sup>th</sup>** Morning Swim Practice  
**A & B Diving Champs at Upper Moreland**

**Saturday, July 29<sup>th</sup>** **A Champs @ Maple Manor**

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## Contact Info...

**Coach Brandon (Head Coach)**

Email: [bp91300@gmail.com](mailto:bp91300@gmail.com)

cell: 513-312-2941

**Coach Ana Cubit (Head Dive Coach)**

email: [ana396@verizon.net](mailto:ana396@verizon.net)

cell: 267-664-4514

**Suzanne Netter (Team Manager)**

Email: [netterfamily@hotmail.com](mailto:netterfamily@hotmail.com)

Cell: 267-218-6252

**Bea Cubit (Team Manager)**

Email: [bea62@verizon.net](mailto:bea62@verizon.net)

Cell: 610-724-9486