

**MASON MANTA RAYS**  
2014 Parent Meeting Overview



- I. Welcome
  - a. Coaching Staff
    - i. Stable Core—For Swimmers, Mark Daasch, PT
    - ii. Dr. Barbara Walker Ph. D. , CC-AASP
    - iii. Dawn Weatherwax nutritionals
  - b. Volunteering
    - i. Officials: Joe Waller
    - Other Volunteer Options
  - c. Philosophy and Goals
  - d. Practice and Attendance Policies
    - i. Practice Group Changes
    - ii. Goal Packets
    - iii. Attendance
    - iv. Building strokes & strength for long term
    - v. Proper Dress To and From Practice
    - vi. Weather, Pool Problems, Last minute changes
    - vii. Locker Room Etiquette
  - e. Communication
  - f. Team Suit and Manta Gear Sale on September 18
    - i. Still can order spirit wear by using form online.
    - ii. IF YOU CANNOT MAKE THE SUIT FITTING DATE, YOU CAN PURCHASE YOUR SUIT AT THE KASTAWAY SWIMWEAR STORE AT ANYTIME (777-7967). Please don't go to Kastaway tomorrow for gear.
  - g. Meets
    - i. Schedule may change
    - ii. Meet Expectations/Explanation
      - 1. Sign-up Process
    - iii. Meet Attire
  - h. Incentive Awards
  - i. Team Activities
  - l. Billing
    - i. Questions or concerns please contact coach Todd.
    - ii. All fees, including meet fees from last season, must be paid.
  - j. Questions