

The Swimmer's Ear

Mason Manta Rays

6-9-10

PRACTICE CHANGES

*The pool will be set up in the 25-meter configuration starting tomorrow June 10. **The summer practice schedule will also begin tomorrow!***

Saturday 6-12: PRACTICE CHANGE FROM CALENDAR. PRACTICES ON SATURDAY WILL FOLLOW THE SUMMER SCHEDULE, NOT THE SPRING SCHEDULE (AS STATED ON THE CALENDAR).

National: 7:00-10:30 a.m., Platinum and HS Varsity: 9-11:15 a.m., Gold: 11:00 am-1:00 p.m.

WEB SITE QUESTIONS OR CONCERNS?

Please let Coach Ken or Coach Todd know if you have any questions about the new web site. We know there is a learning curve to learning this new format, but please know that this is saving the team (and parents) many administrative hours.

WHITE & GREEN PICNIC ON JUNE 23: SEE FLYER ONLINE FOR DETAILS!

PLATINUM, NATIONAL, AND HS VARSITY CANOE TRIP

Platinum, National and HS Varsity Manta Rays are invited to attend a six-mile canoe trip down the Little Miami on Monday, June 21. Swimmers need to be dropped off at Morgan's Canoe Ft. Ancient at 11:00 a.m. and picked up at 3:00 p.m. The cost is a discounted \$27 (tax included) per canoe with 2-3 swimmers per canoe. **Sign-up online by June 20. Please indicate the number of people in the "notes" section..** We are in need of parent chaperones to help the coaches on this trip. Interested chaperones please sign up online under the Job Sign-up section.

Directions:

Take I-71 to Exit 32, (Rt. 123 Morrow Exit). Go south on Rt. 123 approximately 1 block to Rt. 350 (Interstate Mart). Turn left on Rt. 350 approximately 2 miles to the river. Do not go to Morrow.

SENIOR 15 & OVER STATE CHAMPIONSHIPS TEAM TRIP UPDATE

This summer the Senior State meet will be a team trip meet as long as we have enough swimmers sign up. Right now, we still need a few more swimmers in order to make this a team trip. Please see the details online under the Senior State section of the "meets" page. This should be a great trip!

TRY-OUT DATE FOR MANTA RAYS

We have a new try-out date: **Wednesday, August 4, 2010 at 5:00 p.m. for swimmers 9 & younger and 6:00- p.m. for swimmers 10 & Older.** Swimmers *DO NOT* have to sign up for the tryout; however, they must be at least 6 years of age to try-out and have a basic knowledge of swimming and the four competitive strokes. Swimmers who were Manta Rays in 2009-2010 do not need to try-out again. If you have questions, please e-mail Ken Heis kheis@masonoh.org or Head Age Group Coach Todd Billhimer at tbillhimer@masonoh.org.

Power of Sports Nutrition for All Levels!

Sports Nutrition can enhance performance up to 15%! Learn the top 10 tips to maximize your efforts! Ranges from every day eating to race day!

**ALL MANTA RAYS ARE INVITED TO THIS FREE NUTRITION TALK!
THURSDAY (TOMORROW) AT 7:00 PM**

Address:

Mason Municipal Center

600o Mason-Montgomery Rd.
Mason OH 45040
229-8555

Room # 1029

This is in the building closest to Mason-Montgomery Rd, not the Community Center building.

Dawn Weatherwax-Fall RD, CSSD, LD, ATC, CSCS

Dawn Weatherwax-Fall is a Registered/Licensed Dietitian with a specialty in Sports Nutrition and Founder of Sports Nutrition 2Go. She is also a Board Certified Specialist in Sports Dietetics, which is the premier professional sports nutrition credential in the United States. In addition, she is an Athletic Trainer with a Certification in Strength and Conditioning from The National Strength and Conditioning Association. Therefore, she brings a comprehensive and unique understanding of the athlete's body, and its nutritional needs, to those interested in achieving specific performance goals and optimal health. Weatherwax-Fall is also the author of The Official Snack Guide for Beleaguered Sports Parents and The Complete Idiot's Guide to Sports Nutrition. She is an Official Speaker for the Gatorade Sports Science Institute and on the approval speaker list for the NCAA. She has also been featured on television shows including: Good Morning America, MSNBC, Geraldo Rivera, and Fox News.

Dawn is an active member in the American Dietetic Association (ADA), Sports, Cardiovascular, and Wellness Nutritionists Dietetic Practice Group (SCAN), American College of Sports Medicine (ACSM), National Strength & Conditioning Association (NSCA), National Athletic Training Association (NATA), & Greater Cincinnati Athletic Training Association (GCATA).

Mason Manta Rays
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www.masonswimming.org