



Ridley Area YMCA Swimming

610.544.1080 www.raysswimming.org



YMCA

We build strong kids,
strong families, strong communities

December 2005 Newsletter



Volume 1, Issue 3

December 13, 2005

News and Notes

Fundraisers: Market Day forms are still incorrect please use account 18407 and remember to put RAYS after your last name. We will be starting a Joe Corbi's fundraiser in January, please stay tuned for more info to follow.

Upcoming YMCA Invitational Meets: Pottstown YMCA Winter Blast (12 & under) on 12/27 and Winter Mini Mania at GCIT (11 & under) on 1/22—notice change in date. Please see the showcase at the YMCA to double check entries.

Please look in the back of the Girls II mailbox for meet packets to the both YMCA and USS meets.

The YMCA dual meet season will be tough for all 3 teams but as long as we continue to swim fast and put forth a good effort the coaching staff will be very happy...swimmers and parents keep up the good work.

Winterfest Meet T-Shirts are available online at ww.spysswimming.org.

The RAYS Team T-Shirt is also available. The design will be posted shortly on the web. All shirts are \$20.00 and only available in adult sizes. Please have all orders to Coach Erik by 12/24. Thank you.

Also don't forget the food drive for the BVM Food Pantry, items can be dropped off to Coach Erik's office at anytime with the last collection on Saturday, December 17th at the home swim meet.

Changes in the Schedule:

- Saturday Practice schedule on 12/17 11:00AM-12:15PM
- Holiday Practice Schedule will be out shortly for the week of 12/26
- Starting January 2nd—level 3 swimmers will be allowed to swim Monday Nights as an extra workout.
- NO Friday AM for the rest of the month of December we will resume in January...thank you.
- NO Dryland on Sunday AM until January....thank you.

Season Schedule:

- December 17th—See Meet schedule
- December 17th—Food Drive ends for the BVM Food Bank
- December 24th—T-Shirt Orders are due for RAYS Winterfest shirt
- December 25th—OFF
- December 27th—YMCA Meet at Pottstown YMCA
- January 1st—OFF
- January 2nd—New Practice Schedule for Level 3 swimmers
- January 7th—See Meet schedule
- January 8th—GA Mile Meet
- January 14th—15th—Winterfest at University of Maryland
- January 21st—See Meet Schedule
- January 22nd—BRY Winter Mini Mania @ GCIT

Winter Mini Mania

The BRY Winter Mini Mania originally scheduled for Sunday, January 29th has been moved to Sunday, January 22nd. All entries are still due to Coach Erik by Thursday, January 5th. Thank you.

Swimmers at YMCA dual Meets...

Be on Time for warm-up.

Check the line up before warm-up, if you need to write your events on your hand, ask the coaches for help. You should always be in 3 events and could be in 4 depending on the meet.

Make sure your you have goggles and a RAYS cap.

Make sure you are drinking fluids during the meet.

Know your Racing Fundamentals, we have flyers posted at both the YMCA and RHS.

Be prepared to swim fast.

If you need to leave the pool deck you need to check with the coaches.

If you are unable to stay for the entire meet please notify the coaching staff prior to the day of the meet.

NO playing in the showers!

Most important of all is to cheer on your teammates, be loud and have FUN.



YMCA Dual Meet Info for this weekend

Boys @ Pottstown YMCA:

724 N. Adams Street
Pottstown, PA 19464
610.323.7300

Take Route 76W to 202S(West Chester) 202S to 422W to the Armand Hammer Blvd. Exit (Make a right off the exit). At the second light (Hospital will be on your right) Make a left onto High Street. At the first light make a right onto Beech Street. Follow Beech to the fork in the road and bear off to the right (Jackson Street). Go straight through the stop sign

to the traffic light. At the light turn left onto Adams Street and the YMCA is on the left. Main Entrance is under the YMCA Sign.

Arrive by 9:45AM
Warm Up 10:00AM

Girls I @ RHS vs. UMLY:

Practice will be from 11:00AM-12:15PM for levels 4,5, and 6.

Arrive at 12:15PM
Warm Up at 12:30PM

Girls II @ Upper Main Line:

1416 Berwyn-Paoli Road
Berwyn, Pa 19312-0637
610.647.9622

Route 1 to Route 252 pass the Delaware County Community College. At the traffic light after the Waynesboro Country Club, turn right onto Sugartown Road. Within 1/4 mile as Sugartown veers right, turn left onto Berwyn-Paoli Road. UMLY is on Berwyn-Paoli Road on the right.

Arrive by 3:15PM
Warm Up 3:30PM

Parents—if there is something that we can help with your child's swimming here at the YMCA please email or call Coach Erik, speak with a coach before or after practice, but please do not try to correct your child from the stands, if there is something that we are missing we appreciate your communication with the staff. Thank you!!!

RAYS Swim Team Events & Schedule Update—The season schedule continues to get updated, please read the newsletters as they are published. Also make sure that you continue to check the **mailboxes** at the YMCA and the bottom of your kids bag, look online, **join/update the email list**, & read all the info attached to the showcase and the bulletin board at RHS. **The meet schedule continues to be updated with Boys Champs moving to the 19th of February, still at Widener and the BRY Winter Mini Mania moving to January 22nd, at GCIT.**

YMCA Dual Meet Schedule: Times below are when we warm-up

November 19 th	3:30	pm	Reading YMCA @ Girls I	L 2-3
	3:30	pm	Boys @ Upper Main Line YMCA	L 1-4
	12:30	pm	Southern Chester County YMCA @ Girls II	L 1-4
December 3 rd	10:30	am	Boyertown YMCA @ Girls I [CHANGED]	L 2-3
	1:30	pm	Boyertown YMCA @ Boys [CHANGED]	L 1-4
	12:30	pm	Girls II @ Lansdowne YMCA	L 2-3
December 10 th	12:30	pm	Brandywine, DE YMCA @ Girls II	L 0-5
December 17 th	10:00	am	Boys @ Pottstown YMCA	
	12:30	pm	Upper Main Line YMCA @ Girls I	
	3:30	pm	Girls II @ Upper Main Line YMCA	
January 7 th	12:00	pm	Girls I @ Pottstown YMCA [CHANGED]	
	12:30	pm	Girls II @ Boyertown YMCA	
January 21 st	12:30	pm	Lansdowne YMCA @ Boys	

ALL Home meets will be swum at the Ridley High School

RAYS Girls teams are in the following divisions of the Penn-Del Swim League
Team I = AA Team II = B South