

RIDLEY AREA YMCA
900 SOUTH AVENUE
SECANE, PA 19018
WWW.COMMUNITYYMCA.ORG/RAYS
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RAYS Newsletter

VOLUME 1, ISSUE 1

DECEMBER 13, 2007

SPECIAL POINTS OF INTEREST:

- Please read the showcase at the YMCA and the bulletin board at RHS
- Please check out the website it is really filled with information
- Please join the RAYS email list
- Registration for all invitational meets can be done at the Front Desk

IMPORTANT DATES:

See YMCA Dual Meet Schedule	12/ 15
RAYS Winterfest Q Meet	12/ 16
Senior Group Practice at 7PM	12/ 18
Regular Practice Schedule	12/ 21
9AM practice time on Sat.	12/ 22
Regular Schedule	12/ 23
Holiday Schedule Starts	12/ 24

News & Notes...

Reading 7-11 Meet entries are past due, those interested please turn in. 11 & under meet.

YMCA Dual Meet Results are posted online with team scores, meet results, RAYS team results, and record breakers. The overall team records are also posted online on the home page. The home page as the overall records for each of the 4 teams.

RAYS warm-ups and sweatshirts are in please email Coach Erik to pick up.

If you have not done so please get your photo taken at the YMCA so you can get your membership card.

Grade School & HS Swimmers

The following is just information for swimmers that are swimming for both Grade School Teams and High School Teams: Please email Coach Erik your times after each

Meet entries will continue to be posted and updated online. There is just not enough room at the YMCA or RHS currently to post all meet entries.



Happy Holidays to all this year.

Brandywine Winter Mini Mania is now posted and we are accepting entries. It is a pink packet. This meet is for 8 and unders only.

Pottstown Winter Blast entries are past due please turn in if interested in going. This meet is for 12 and unders. Also with no Boys C meet on the 12th please think about going to get some additional swims in.

Holiday Practice Schedule will be out early next week. We will have a modified schedule over the holidays but the kids will have a chance to get in and swim. For levels 5, 6, and Senior Group this is a heavy training time for you guys please be ready to train over the holidays as we gear up for all your meets in January & February.

YSWIM TEAM™
We build strong kids, strong families, strong communities

meet [individual events & relay splits]. We like to keep your events different between HS and YMCA swimming. Also all HS times can be used for YMCA meets with qualify-

ing times. A signed copy must be turned into Coach Erik from the meet to be used. Also please give Coach Erik a copy of your meet schedule.





Swimmers please arrive early for check in with coaches at all YMCA Dual Meets!

Please check out our new volunteer sign up form on the website for all home and away meets.



ORANGE SHIRT REMINDER FOR ALL THOSE COMING TO VOLUNTEER THIS SUNDAY AT RHS.

Girls B South @ Lionville YMCA

Lionville YMCA
 100 Devon Drive
 Exton, PA
 610.363.9622

From Rte. 202 Southbound: Exit at Rte. 30/ Downingtown. Follow the signs for Business Rte. 30 (you will take the left-hand fork when you exit). Turn right onto Rte. 30 at the bottom of the exit ramp. Follow Rte. 30 for approximately 1 mile to Rte. 100 and turn right, heading

North. Follow Rte. 100 for approximately 3 miles to Rte. 113 and turn left. At the 4th traffic light, turn left onto Devon Drive. YMCA is on the right, just past the first stop sign.

Arrive Time: 12:15PM
 Warm Up Time: 12:35PM
 Meet Start Time: 1:10PM
 Meet Finish Time: 3:40PM

Girls AA at RHS:
 Arrive Time: 3:00PM
 Warm Up Time: 3:15PM
 Meet Start Time: 3:45PM
 Meet Finish Time: 6:15PM

Boys AA at RHS:
 Arrive Time: 12:00PM
 Warm Up Time: 12:15PM
 Meet Start Time: 12:45PM
 Meet Finish Time: 3:15PM

Boys C @ North Penn YMCA

North Penn YMCA
 608 E Main Street
 Lansdale, PA 19446
 215.368.1601

5. Merge onto I-476 N toward PLYMOUTH MEETING (Portions toll). (16.87 miles)
 6. Merge onto I-276 E/ PENNSYLVANIA TURNPIKE via EXIT 20 toward NEW JERSEY (Portions

toll). (4.70 miles)
 7. Merge onto PA-309 N via EXIT 339 toward AMBLER. (6.37 miles)
 8. Turn SLIGHT LEFT onto E WELSH RD/PA-63. Continue to follow PA-63. (3.28 miles)
 9. End at 608 E Main St Lansdale, PA 19446-2936 US
 Total Estimated Time: 48

minutes
 Total Distance: 34.37 miles
 Arrive Time: 2:00PM
 Warm Up Time: 2:20PM
 Meet Start Time: 3:00PM
 Meet Finish Time: 4:30PM

Winterfest & Winterfest Q Meet

Winterfest Q Meet:
 We are in the water at 8AM for warm-ups. Please be on time. Parents if you can time or help in anyway please email Coach Erik. Please

double check entries posted online. Any changes email to coach Erik.
 Winterfest: Entries are due before you leave the meets this weekend if

you have not turned in yet. We have entries to date posted online. Also book your hotel room now as time is running out. All info is on the website.