



# Milford Area Swim Team

SEPTEMBER 11, 2005

VOLUME 1, NUMBER 1

**MAST**

PO Box 801  
Milford, OH 45150

**Phone**

513-576-2254

**E-mail**

Mrs. Brown:  
[mastcoach@hotmail.com](mailto:mastcoach@hotmail.com)

Mr. Tameris:  
[mast@spsp.net](mailto:mast@spsp.net)

**We're on the Web!**

[MilfordSwimming.org](http://MilfordSwimming.org)

## PRACTICES FOR THE WEEK OF 9/12/05:

SR: M (4:45-5:30), W/F (7:15-9:00), S (11:15-1:00)

R2: M/F (6:30-7:30)

R3: M/W (6:15-7:30), S (10:15-11:30)

R4: M/W/F (6:15-7:30), S (10:15-11:30)

B4: M/W/F (7:15-8:30), S (11:15-12:30)

B5: M/F (7:15-8:30), W (7:15-9:00), S (11:15-1:00)

B6: M/W/F (7:15-9:00), S (11:15-1:00)

## IMPORTANT: HOW TO READ OUR .PDF FILES!

For nearly all of our attachments and web files, we use Adobe Acrobat since it is a type of file everyone can read - once they've downloaded and installed the free Adobe Reader. If your system does not already have Adobe Reader installed, go to <http://www.adobe.com/products/acrobat/readstep2.html> and find the version that works with your operating system (Windows XP, Windows 98, etc.) and download. Be sure to INSTALL this software after downloading!

## CALENDAR

Updated calendars are located on our website: [www.MilfordSwimming.org](http://www.MilfordSwimming.org).

Check to see if the calendars you have are the most recent:

Sep 05 (revised as of 09/07/05)

Oct 05 (revised as of 09/11/05)

Nov 05 (revised as of 09/07/05)

Dec 05 (revised as of 09/07/05)

Jan 06 (revised as of 09/07/05)

Feb 06 (revised as of 09/07/05)

Mar 06 (revised as of 09/07/05)

## ROSTER AS OF 9/11/05

I've attached two files for you to check that all the information submitted to us is correct:

1. [Athlete email as of 09/11/05.pdf](#) - Weekly emails (usually sent on Sundays) are the basis of our communication between staff and members/families.

Emergency info also is sent out via email. IT IS EXTREMELY IMPORTANT THAT WE HAVE CORRECT EMAIL ADDRESSES FOR ALL OUR SWIMMERS!

2. [Athlete Address-Phone as of 09/11/05.pdf](#) - This info is helpful when planning carpools, play dates, etc.

**If you have any corrections/updates to either of these files, please put the info into Mrs. Brown's folder or use return email.**

## OCTOBER TEAM ACTIVITY:

### 10/25 LASER TAG @ SKALLYWAG TAG

There is a flyer attached (Laser Tag Flyer.pdf) with information about the MAST Challenge at Skallywag. Deadline to sign-up (on the bulletin board at the pool) and turn in money to Mrs. Storch is Friday, 10/21.