



Milford Area Swim Team

SEPTEMBER 25, 2005

VOLUME 1, NUMBER 3

MAST

PO Box 801
Milford, OH 45150

Phone

513-576-2254

E-mail

Mrs. Brown:
mastcoach@hotmail.com
Mr. Tameris:
mast@spsp.net

We're on the Web!

MilfordSwimming.org

STAFF

Head Coach, Senior
Program: Gary Tameris
Head Coach, Age Group
Program: Kate Brown

Age Group Coaches:

Caitlin Brown - Guard
Abigail Craycraft - R4
Corey Dauw - R4, B5
Sean Lipka - R2, Guard
Rick Matulis - B4
Kevin Metzger - R3
Andy Storch - R3

Lifeguards:

Caitlin Brown
Sean Lipka

Administrative Assistant:

Kate Storch

PRACTICES FOR THE WEEK OF 9/26/05:

SR: M/F (4:45-6:30), S (8:45-10:30)

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

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

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

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

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

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

THERE ARE NO PRACTICES THIS WEDNESDAY (9/28/05) because the MHS JV and Varsity Waterpolo Teams host Mason. Stop by the pool to see many of our Senior swimmers in action! Games start at 4:00 and continue throughout the evening.

TEAM ROSTER AS OF 9/25/05

Thank you to everyone who responded with changes in their swimmer's information. A phone book is attached that also includes addresses and practice groups for anyone who is interested in working out a carpool.

CAC FALL SPRINT INVITATIONAL

The entries for the CAC Fall Sprint Invitational, to be held October 9th at Cincinnati Country Day School are attached.

Warm-ups for all swimmers will begin at 7:00 AM; please be in the team area at 6:45 AM. The meet will start at 8:15 AM.

Directions to CCDS:

- Go through downtown Milford and cross the Little Miami River bridge
- Take a right onto Ohio Rt. 126
- Turn left onto Shawnee Run Rd
- Turn right onto Given
- Turn left into the CCDS Parking lot
- The school is located at 6905 Given Rd, Indian Hill, OH 45243
- Travel time from MHS: approximately 15 minutes

OCTOBER TEAM ACTIVITY:

10/25 LASER TAG @ SKALLYWAG TAG

Don't forget to sign up for the team activity at Skallywag Tag on October 25th. The sign-up sheet is located on the bulletin board at the pool. The cost for team members and their families is \$5; any other guests will be \$10.