



SHAKER SWIMMING

P.O. Box 201009 • Shaker Heights, OH • 44120 • 216-295-4163 • shakerswimming@msn.com • <http://www.shakerswimming.org>

MASTERS INFORMATION – SUMMER 2008

The Shaker Sharks summer Masters fee is \$120.00 which is due June 1. This fee covers practices held during the end of May – end of July. A reminder, long course practices are offered every day. Please return your payment to Eric or mail to: Shaker Swimming, P.O. Box 201009, Shaker Heights, OH 44120.

All participants must maintain a current membership with United States Masters Swimming (USMS). Registered participants attending on an infrequent basis will still have the option of paying the daily drop-in fee of \$5.00 per practice. The USMS registration form is available on our website at www.shakerswimming.org.

Get psyched for quality long course training. Masters practices will move to the Thornton Pool beginning Tuesday, May 27 from 5:45 – 7:15 a.m. Monday thru Friday and Saturday from 7:15 – 8:45 a.m. at Thornton Pool.

When attending Thornton practices:

- **Be quiet! The neighbors are very, very sensitive to noise.**
- Be on time! Enter the pool area 5-10 minutes early to help put in equipment and stretch.
- Please be prompt. We need everyone's help with equipment to get started on time.
- **DO NOT LEAVE ANY VALUABLES IN THE LOCKER ROOM.**
- In case of inclement weather, always go to Thornton Pool first; then we will decide whether or not to go to Woodbury Pool.

If you have any questions or concerns, please contact Eric at shakerswimming@msn.com or 216-295-4163.

Masters Long Course Practice Schedule: May 27 – June 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 – 7:15 a.m. Masters Group Thornton Pool	5:45 – 7:15 a.m. Masters Group Thornton Pool	5:45 – 7:15 a.m. Masters Group Thornton Pool	5:45 – 7:15 a.m. Masters Group Thornton Pool	5:45 – 7:15 a.m. Masters Group Thornton Pool	7:15 - 8:45 a.m. Masters Group Thornton Pool
7:15–8:45 a.m. Masters Group Thornton Pool	7:15–8:45 a.m. Masters Group Thornton Pool	7:15–8:45 a.m. Masters Group Thornton Pool	7:15–8:45 a.m. Masters Group Thornton Pool	7:15–8:45 a.m. Masters Group Thornton Pool	