



**LAKESIDE MASTERS SWIM TEAM  
LOUISVILLE, KENTUCKY  
SEPTEMBER 2000  
FALL PRACTICE SCHEDULE**

Training at St. Xavier High School Pool September 18 - October 20

Monday Wednesday and Friday 5:50 - 7:00 a.m.  
Tuesday and Thursday 7:00 - 8:15 p.m.

Training at Mary T. Meagher Aquatic Center (MTM) September 6 - October 15

Sunday 8:30 - 10:00 a.m.

The first 10 minutes of each workout is designated for stretching. When using the MTM, present your Lakeside Membership card at the front desk and sign in on the registry.

St. X parking is limited in the morning. Please park in front of Xavierien Hall on Poplar Level Road. Evening parking is open in the school parking lot.

The exercise room at Lakeside Club will be open for weight training during the changeover season through October 13

Monday Wednesday Friday 6 a.m. - 9 p.m.  
Tuesday and Thursday 9 a.m. - 9 p.m.

**ANNUAL TEAM DINNER AND ELECTION**

Lakeside will be hosting it's annual masters team dinner and election, **Sunday, October 8th from 5-8 p.m.** at Another Place Sandwich shop on 7th street. Thanks to team member Jim Goodwin for allowing us to host our dinner in his restaurant. We encourage all team members to attend this annual dinner meeting. Spouses or significant others are invited, but please, adults only, no kids at this party! PLEASE CALL Mary's voice mail 454-4585 x225 by October 5 to let us know who is coming and if you would like steak or chicken.

The team will provide steaks and chicken, drinks, plates etc. Each team member is requested to bring a dish to serve 8-12. Please bring a dish according to the first letter of your last name:

A - F Appetizer      G - L Vegetable      M - S Salad      T - Z Dessert

We will be hosting our annual board of directors election at this meeting. This fall we will elect three new members to replace those (\*) who have served their two year term. We would like to thank the board for their commitment to our team.

President	Caroline Donnelly*
Vice President	Tom Finnegan
Secretary	Joanne Tingley
Board Members	Randal DuFour*
	John Gleason
	Charlie Miesner*
	John Nolan*

If you are interested in serving on our Board, please contact a member of the nominating committee, Tom Finnegan, Joanne Tingley, Charlie Miesner, and John Gleason. Our board meets once every 4 - 6 weeks to discuss team activities, schedules, and other pertinent information for the team. We would love to have you!

(over)

### **2000 SHORT COURSE METERS MEET SCHEDULE**

S & S, October 21-22	GIMSA Invite at IUPUI	Indianapolis, IN
Sunday, October 29	Lakeside Mini Meet w/Relays	Louisville, KY
Saturday, November 11	Owensboro Classic	Owensboro, KY
Sunday, December 10	Lakeside Mile	Louisville, KY

### **2001 SHORT COURSE YARDS MEET SCHEDULE**

*actual dates to be announced at the annual meeting*

Saturday, January	B. Stevens Invitational	Bowling Green, KY
Sunday, February	Crescent Hill Mini Meet	Louisville, KY
S & S, March/April	KY State Meet	Lexington, KY
Th-Su, May 17 -21,2001	USMS Nationals	Santa Clara, CA

Team members are encouraged to participate in swim meets. Meets provide the Masters athlete the opportunity to see self improvement in the water, join teammates in a social, yet competitive environment, but most importantly HAVE FUN! Entry information will be announced at practices. Questions about meets, see a coach.

### **2000 SUMMER SEASON**

A sincere thank you to all who made our summer meet season the success that it was. Your contributions of recruiting or serving as a timer or official, working the after the meet party, setting up and breaking down the meets, placing an ad in the meet program, working on the meet program, supplying items for the packets, and stuffing the packets, were greatly appreciated.

Thanks to our summer coaching staff of Bill Tingley, Jim Luebbe, Marty O'Toole, and Mary Graves.

**Swimming performances** will be elaborated on by the coaching staff at the annual banquet. Get ready...we had some GREAT SWIMS.

### **TEAM UNIFORMS**

New team colors were established this summer. Thanks to the equipment committee and artist Duck Enander for their new team suit selection the Speedo Spiral. Team rebates for team suits purchased this summer will be distributed in October, be sure Mary has your receipt! Team caps are now available. Each swimmer competing in meets will receive a cap. Additional caps may be purchased in the Lakeside Swim Shop.

The Master's Board of Directors are providing a "gift" to each of our active team members this Fall. We will purchase black Speedo Deck Shorts with our new team logo embroidered on the left leg. Please complete the attached form with your choice of size short. If you are unsure of your size, go to Pannell Swim Shop in Middletown and try on a pair. We need to get the form back by mid October in order to place the order and have them ready for our upcoming meets!

Several swimmers have requested black team suits with the logo embroidered on the suit. If you would like to purchase a suit like this, please complete the appropriate lines on the attached form.

### **2000-2001 TEAM DUES**

The Lakeside Corporation is raising our team dues for the first time in many years. The new seasonal dues are \$75.00 per season (October 1 - April 30; and May 1 - September 30) or you may receive a reduced yearly fee of \$140.00 if you pay by November 1st. As always, if you have more than one swimmer per household, reduce your fee by \$10.00 for each additional swimmer. An invoice is enclosed.

Questions or concerns, contact Mary at 454-4585 ext. 225.

### **TEAM COMMUNICATIONS**

- ~Announcements before practice
- ~Lakeside Masters Voice Mail 454-4585 extension 54
- ~Team Flyers and Newsletters
- ~Lakeside Masters Web Page [Lakesideswim.com](http://Lakesideswim.com) - click on competitive teams

**LAKESIDE MASTERS  
UNIFORM ORDER**

NAME\_\_\_\_\_

**SPEEDO TEAM DECK SHORTS**

Black Shorts with green and blue embroidered team logo  
This is a gift from our team; there is no charge for the shorts.

Size (generic)    XXS    XS    S    M    L    XL

**BLACK TEAM SUIT**

Brand and style of your choice; you will pay for suit when it comes in.

Brand: \_\_\_\_\_ Style\_\_\_\_\_ Size\_\_\_\_\_

**RETURN THIS CARD BY OCTOBER 15, 2000.**