

MASON MANTA RAYS

Good Luck Swimmers!



MASONSWIMMING.ORG

USA Swimming Club

OUTSTANDING COACHING

Cohesive & Stable Coaching Staff

Average tenure of lead coaches = 10 Years

Multi-year Ohio Swimming Coach of the Year Awards

NovaCare Physical Therapist onsite

TOTAL TEAM DRYLAND TRAINING

Ages 8 to 18: Progressive & Age Appropriate

Train Movements, not muscles

Bullet Proofing Athletes: Injury Prevention

ALL ABILITIES

Beginners to International Competitors

Lots of Fun: Socials, Leadership Development, Team

Bonding Activities

TRAINING

Nine Training Groups

Progressively teach skills and train athletes to reach full potential in high school and beyond.

LOCATION

State of the Art Mason Community Center

Three warm water lanes for beginner swimmers

11 lane X 25 yard competition pool

Long Course Training Available

SUCCESS

Top 50 out of 3000 USA Swimming Teams

USA Swimming Silver Medal Club

Ohio Open Water Team Champions

Ohio Senior Champions

Speedo Sectional Champions

Top 5 Ohio Junior Olympics

2016 NASA Junior National Champion Runner-ups

Retention Rate is Top 1% of all USA Swimming Clubs

9 Olympic Trial Qualifiers in 2016

2016-2017 season
assessments will be held at
the **Mason Community
Center Competition Pool:**

TUESDAY, JULY 19

5:00 p.m. 9 & Younger

6:00 p.m. 10 & Older

MONDAY, JULY 25

5:00 p.m. 9 & Younger

6:00 p.m. 10 & Older

TUESDAY, AUGUST 2

5:00 p.m. 9 & Younger

6:00 p.m. 10 & Older

No appointment necessary

Anyone interested in learning
more about year-round
swimming, contact

**HEAD COACH KEN HEIS AT
KHEIS@MASONOH.ORG.**

Twitter, Instagram, SnapChat:
@RaysSwimming

Find us on Facebook:
**Manta Rays Swim Team
masonswimming.org**