

Mountain Lakes Swimming and Diving Association

**July 12, 2007 Swimming News with
Urgent Update of Directions for tonight's Wayne Meet**

Corrected Directions to Wayne Township

(30-40 minutes)

Take Route 46 East to Route 23 North. Once on 23 North, take the first exit, which is labeled Lincoln Park / Route 202. It will be about 1/4 mile after the service road. At the end of the ramp, turn left and then immediately right. Follow any and all signs to North Cove. Pass post office, and take this road until it ends at a 'T'. Turn right, pass ball fields. Lake is on right. (We are sorry for inconveniencing anyone.)

Other News

Fun Friday tomorrow

- ◇ Bring sneakers as well as regular swim gear to all Fun Fridays
- ◇ Tomorrow, morning swimmers come at noon; afternoon swimmers regular times.

Packanack Odd Age Invitational Saturday

8:00 arrival, check-in, and and warm-up. 9:00 planned start

Preparations for the Lakeland A Championship

Ad Sales for program- Win an ipod and support your team!

- ◇ Materials distributed at swim practice today. Extras available as attachments (3) to this email message
- ◇ Ad space can be sold to businesses and restaurants, or can be words of good luck from families to swimmers
- ◇ Submit ads and enter to win ipod by July 24

Logo Contest - Win a \$75 itunes account !

- ◇ Entry information available as attachment to this email
- ◇ Professional artists/graphic designers will pick the winning logo
- ◇ Submit logo and enter to win itunes account by July 24

Next Weekend: July 21/22

Saturday, July 21

Hub Lakes '12 and Under' Age Group Invitational at Mountain Lakes

This meet is an opportunity for our swimmers to shine at 'home' and swim all four strokes. It is fun and quick, likely to be over by noon! Coaches will enter most swimmers in this meet. Some will be entered in the Lakeland League Age Group Invitational held at Pequannock on the same day. Coaches will let these swimmers know. All swimmers will be entered in one of the two meets unless Head Coach Lesh knows otherwise via absentee cards or email at <swimteam@mtlakes.org>.

Sunday, July 22 New Rock Ridge Relay Meet

- ◇ 1:00 start; informal warm-up beginning at noon
- ◇ Relays only, in varied formats. We will have Lane 4 all afternoon.
- ◇ Email Coach Lesh at <swimteam@mtlakes.org> if you **would like to attend!**