

Mountain Lakes Swimming and Diving Association

July 22, 2007

Rock Ridge Relay meet and DJ Party on Sunday, July 22

- Relay Meet begins at 1:00. Swimmers who have signed up with Coach Caroline should arrive by 12:30 for a short warm up.
- The entire Mountain Lakes team and Hub Lakes community are invited by Rock Ridge to attend the after-meet DJ Party from 7-10 at the Rock Ridge clubhouse. The cost is \$4 per child. Adults are welcome to enjoy the bar at the Rock Ridge Clubhouse.

Pizza will be served on the beach Monday, July 23 at 5:30. Team picture postponed to Wednesday.

Swim Team Picture will be taken when the largest contingent of team members is present: the Pequannock night, Wednesday, July 25. Come at 5:45 with your team t-shirt and suit. The photo will be taken by Mr. Shaw before warm-ups.

Thank you to Meet Directors Scott and Meg Richards and all the volunteers who worked together seamlessly to make **yesterday's Hub Lakes 12U Age Invitational** a pleasure and success. The picture-perfect day, happy swimmers, and cooperative volunteers were a terrific combination.

Less than three weeks now to the big day: our hosting of the **Lakeland A Championship!** We hope that all families will volunteer to help. Those heading up major areas of the meet will be contacting parents this week. This is a once-in-seven years opportunity for us to shine, showcasing our fantastic team of swimmers and families, and our Birchwood Lake facility. More details to follow.

Lost and, hopefully, found corner:

On Friday after practice, Henrik Palmer forgot his team t-shirt at the beach. He thinks he left it under a tree near the benches. It is a youth size and is marked with his name, 'Henrik'. If you have found it already or come across it among your family's things, please let the Palmers know. Henrik is hoping to have it for the team photo.