

Mountain Lakes Swimming and Diving Association

August 1, 2007

Reminders

Tonight: Dual meet @ Birchwood Lake with Erskine

Orders for Lakeland 'A' Championship clothing due tomorrow, August 2nd. Order form and logo design attached again for your convenience. ORDER NOW directly with the Stratis Group and Sal Pulitano to have clothing ready with swimmer's name, on morning of meet.

Final opportunity to enter ad or family 'good luck' wish in Lakeland 'A' program
Submit the ad form (distributed at practice a few weeks ago and on bulletin board) to George Gross, 2 Roberts Drive by tomorrow (Thursday) evening. Contact George with any questions.

Monday, August 6th NO PRACTICE all groups. **'10 and UNDER' Bowling Party**
11:00 - 1:30 at Boonton Lanes:

Cost per child is \$10, which includes two games and pizza. Sign up in advance but pay at the lanes! Each child should bring:

- Exact change (\$10 cash) in an envelope labeled with child's name and bowling shoe size.
- Socks: Kids can wear sneakers instead of bowling shoes if they prefer.

Sign up at Birchwood Lake bulletin board.

Contact Christy Bradlee (e-mail: c.bradlee@att.net), Chris Gemici (e-mail: chris@gemici.com) or Monica Truumees (e-mail: truumees@msn.com) with questions or to volunteer to chaperone.

Coach Lesh and Coach Chris will join you!

New News

Thursday, August 2nd **Coaches' Choice Invitational @ Fayson Lakes**. Coaches will let participating swimmers know today. Warm-up 6:00. Entire team is invited to cheer on our swimmers as Mountain Lakes competes against seven other Lakeland teams for a High Point team Trophy. The format of this meet is like no other: 8 lanes and 8 teams. Each team is assigned just one lane, the same lane for each event. We enter one swimmer for that lane for each event.

Friday early evening, August 3rd

◇ **Start of the Hub Lakes Championship @ White Meadow Lake**

- 400 freestyle swimmers only
- Warm-up 6:00; start time 7:00

- Each swimmer should provide his/her own timer

◇ **Annual Family Pasta Party** to kick off Hub Lakes Championship weekend
Friday, August 3rd from 6:30 - 8:30 at The Batesko's, 23 Crane Road.

Please bring an item based on the following:

- 8 and Under boys and girls: PASTA
- 9-10 boys and girls: SALAD
- 11-12 boys and girls: DRINKS
- 13 and over boys: DESSERT (brownies, blondies, ...)
- 13 and over girls: GARLIC BREAD

Bring your own beach chairs for added comfort.

◆ **Saturday, August 4th Hub Lakes Championship Prelims. @ White Meadow Lake**

- ◇ All swimmers warm-up 7:30 am
- ◇ Meet start 9:00 a.m.
- ◇ We will need 4 timers split between lanes 2 and 4 all day. Please participate in a shift.
- ◇ Before leaving the meet at the end of the day, please find out from coaches whether your swimmer has qualified for Sunday's finals. The team counts on all qualifiers to return for finals on Sunday!

◆ **Sunday, August 5th Hub Lakes Championship Finals @ White Meadow Lake**

- ◇ All swimmers warm-up 9:00 a.m.
- ◇ Parade Assembly 10:00 am
- ◇ Parade of Champions 10:15 am
- ◇ Meet Start - 10:30 am
- ◇ We will need 4 timers split between lanes 2 and 4 all day. Please participate in a shift.

Wednesday, August 8th final Lakeland dual meet of the season @ Cruiser Club

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New this year... End of Season Parent Cocktail Party! Saturday, August 11th
from 7:30 p.m. onwards at the home of Meg and Scott Richards, 39 Arden Road. Let's
try this:

A - F Wine
G - J Beer
K - Z Hors d'oeuvres