

## **Mountain Lakes Swimming and Diving Association August 8, 2007 News Roundup**

**Wednesday, August 8th** Final Lakeland dual meet of the season is at [Cruiser Club](#).

**Thursday, August 9th** Sleep over at Birchwood Beach. Tent setup 5 p.m. Games and food to follow. Pickup time 10 p.m. for those not sleeping over.

**Friday, August 10th** After-breakfast practice. Then go home by 10 a.m. to rest.

### **Saturday, August 11th Lakeland A Championship @ Birchwood Lake**

- This opportunity comes only once in seven years! Come support our swimmers, coaches, and volunteers who have been preparing for this meet for months. If you already are committed to help run the meet and concessions, thank you! If you are not yet signed up to help out for a shift or two, please respond directly to the meet captains below who need a few more helpers, or to me if you'd like to help but don't have a job preference. Rapid promotion opportunities available; good benefits. If a parent (or non-swimming teen) from each family helps in at least one way, we'll be well set for a super day!
  - Food Concessions (biggest need and best aromatherapy) Joe Kessler
    - <djkkessler@msn.com
    - 973.886.0969
    - 973.402.9225
  - Marshaling (2 more) Maura Gill <MJEDG1@aol.com>
  - Main dock volunteers close to the action (2 runners, 2 reserve timers) Carol Marosits <cmarosits@mtlakes.org>
  - *King of Trash's* black-bag squad (4 dad's with work/garden gloves) Bob Dewing <dewing5@optonline.net>
- Positive check-in for swimmers at 7:30 a.m. Warm-up follows immediately. Meet starts at 9:30 a.m. or when coaches' meeting and final seeding is complete. Coach Lesh is required to scratch swimmers who do not positively check-in. Please walk, bike, share rides, or park in the driveways of Birchwood neighborhood friends if you can. We are expecting 650 swimmers plus their families, creating a need for lots of parking.
- Swim Team Award Ceremony and Ice Cream Cake @ Birchwood Beach 5 p.m. after the meet for all swim team members and their families, whether your swimmer has swum in the Lakeland A Championship or not. Hear Coach Lesh's end of season wrap-up and receive a packet with best times, team picture, and a plaque or 2007 update.
- After a busy day and successful swim season, come relax and enjoy new and old swim and dive team friends at our first End of Season Parent Cocktail Party from 7:30 p.m. onwards at the home of Meg and Scott Richards, 39 Arden Road. For both wet and dry nourishment, let's try this for the party:

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

Enjoy these last few days of the super 2007 season!  
Debra