

Mountain Lakes Swimming and Diving Association

March 2009 Newsletter & Upcoming Events

It's that time of year again...time to start thinking about summer!!!! While planning is still underway for the swim season, we wanted to let you know what we have on the calendar thus far.

Swim Team News:

Congratulations to our High School swimmers on a successful season with the Mountain Lakes High School team. The boy's team is State Champions for the 4th consecutive year. The girl's team is State Sectional champions and made it to the semi-finals of the State Championships.

The team website www.mtnlakes.org_recreation/swimming/diving is the best place to go for information. The website will be updated on an on-going basis throughout the season, beginning early March. Please feel free to offer suggestions if you don't see something on the site that you think would be helpful.

The majority of our board members remain the same as last season, but there are a couple of changes. You can visit the team website for a full member list.

Coaching Update: As you all know, Matt Elko will be back for his second season as Head Coach. We have started the search process for assistant and junior coaches to help him out this summer. Anyone with a child 16 or over who would be interested in applying for a coaching position should contact Kim Rozanitis at mlswimteam@hotmail.com or 973-394-1627.

The "Clinic" is now Pre-Team: After having a record number of participants in last year's Introduction to Competitive Swimming clinic we realized that there were some things we could do to improve the program. Effective this season:

- The "clinic" will now be known as Pre-Team. The objectives of the program remain the same, to help swimmers with stroke technique and prepare them to pass the beach test so they can join the team. Our hope is that this name change will reinforce that this program is an introduction to the team, not swim lessons.
- Pre-Team enrollment will be limited to 64 participants. We will take swimmers on a first come, first serve basis; there will be a waiting list, if necessary.
- Pre-Team members will practice for $\frac{1}{2}$ hour each day (down from an hour in the past). There will be two half hour sessions each day.
- Registrants will be screened at the Lake in early June to ensure that they are ready for the program. All Pre-Team members must be able to swim 25 yards unassisted in the short lanes at Birchwood.

(Thank you to all of last year's clinic participants for your feedback. Your comments are helping us to make our program even better!)

Dive Team News: The HUB Lakes diving program is implementing a big change in their requirements to participate in the diving meets. Starting this summer, a novice diver who is not ready to perform a dive can instead choose from a set of "skills" to compete in. Basically, this means jumps in the front, back and/or twist position can be executed instead of a dive. We are sure these changes will attract more potential divers to the program and get them participating in the meets earlier in the season!!

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Upcoming Events:

Mark your calendars....

- **Registration and Spirit Clothing Sale**
Saturday, March 28 10:00 - 12:00 @ Briarcliff School Lobby
(team suit fittings this date only)
Saturday, April 18 10:00 - 12:00 @ Briarcliff School Lobby
Note: This year participants must register by April 18th to receive a team shirt. April 18th will also be the final day for team apparel orders.
- **Parent Meeting for All Families (Returning & New)**
Wednesday, June 3rd 7:30 @ St. Peters Church
Come and meet the coaching staff, learn about what we have planned for the season, sign up for volunteer positions and of course, pick up your team apparel.
- **Parent Wine and Cheese Party**
Friday, June 5th 7:30 @ The Home of Mike and Patty McElduff
This is a great time to reconnect with your swim team friends and welcome new parents. Look for your invitation in the mail in May.
- **Borough Beach Test for MLSA Swimmers and Divers & Screening for Pre-Team members.**
Week of June 8th at Birchwood Lake (days/times tba in May Newsletter)
- **After School Swim Practice (ASP)**
Monday, June 15th - Friday, June 19th from 3:30 - 5:00pm
ASP is for all swimmers 13 and older, and those under 13 who have passed the Borough Beach Test
- **Regular Season Practice Schedule ***note some minor changes from 2008*****
Starts Tuesday June 23rd (practices are Monday-Friday)
 - Pre-Team:
8:50 - 9:20am or 9:30 - 10:00am @ Mountain Lakes Club June 23rd - July 2nd
2:00 - 2:30pm or 2:40 - 3:10pm @ Birchwood Lake July 6th - July 17th
 - Swim Team @ Birchwood Lake:
11&Overs: 10:00 - 11:30am (arrive at 9:45 for warm ups)
9/10s: 12:00 - 1:30pm (also 11&Overs who have am commitments)
8&Unders: 1:00 - 2:00pm
 - Diving @ Birchwood Lake:
Open Coaching 11:00 - 1:30pm

Please note, swimmers are expected to practice with their appropriate age group unless permission has been given by Coach Elko.

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- **Invitational Meet Dates**
 - Odd Age Invitational @ Packanack
Saturday, July 11
 - 12 & Under Invitational @ Mountain Lakes
Saturday, July 18
 - Age Group Invitational @ Pequannock
Saturday July 18

- **Championship Meet Dates**
 - Diving Championship @ Indian Lake
Saturday, July 25th
 - Hub Lakes League Championship @ Mountain Lakes
Friday, July 31st @ 7pm (400's only)
Saturday, August 1st @ 8:30am Prelims
Sunday August 2nd @10:30am Finals & Parade of Champions
 - Lakeland Swim Conference "A" Championship at Smoke Rise
Saturday August 8th
(Awards Ceremony @ Birchwood After A's)

The MLSA board looks forward to another wonderful season of *Fun, Fitness & Friendship!*

If you have any questions about the content in this newsletter or about the team in general, please contact Megan Luciano, at mlswim@hotmail.com