

Mountain Lakes Swimming and Diving Association
April/May 2009 Newsletter & Upcoming Events

Thanks to everyone who made it to our registration days at Briarcliff. We are excited to have 185+ swimmers registered to date including 60+ pre-team members.

Swim Team News:

Introducing our 2009 Coaching Staff... As previously mentioned, Matt Elko will be back for his second season as Head Coach. Joining Matt this year, as assistant coach is Greg Hudson. Greg will be entering his sophomore year at Syracuse University in the fall. He was a four year member of the MLHS swim team, serving as captain his senior year. Greg was also a member of the Mountain Lakes Summer swim team for 10 years. Greg, as assistant coach, will be helping Matt with all aspects of coaching and running the team. We are thrilled to have Greg joining us to share both his knowledge of swimming and the Laker traditions with our team.

In addition to Matt and Greg, we will also have two junior coaches in place to help with the team this summer. Laura Flynn is back for her second season as junior coach. She did a terrific job working with our 8 and unders last summer and we are excited to have her back. Laura will be entering her senior year at Mountain Lakes High School in the fall where she is a member of the swim and cross country teams. Joining Laura this summer is Andrea DeAngelis. Andrea has swum for the summer team for 4 years since moving to Mountain Lakes from Chicago. She is also a member of the Mountain Lakes High School and Lakeland Hills YMCA swim teams. Andrea will be entering her junior year at Mountain Lakes High School in the fall. Laura and Andrea will be assisting with the pre-team as well as team practices.

An additional assistant coach may be hired and we are also still in the process of interviewing for a diving coach. More information will be provided in the next newsletter.

Please plan on attending the Parent Orientation meeting on June 3rd where you will have a chance to meet our coaching staff personally.

Pre-Team Volunteer Coaches: Coach Matt is also looking for volunteers to help with the pre-team practices. These practices are Tue 6/23 - Thurs 7/2 @ ML Club 8:45-10:00am and Mon 7/6 - Fri 7/17 @ Birchwood 2:00-3:10pm. Any interested swim team members who are entering eighth grade or older, please send an email to mlswim@hotmail.com with availability to volunteer. Coach Matt will contact you when preparing the schedule.

Looking for a few good officials... Where is the best place to watch a meet? From the dock of course, but the only way to be out there is if you are working as an official for the team. Many of our current officials are parents of older swimmers and we would love to get some new people involved. Any parents who would be interested in taking the class to become an official, or who would just like more information about becoming an official, should contact David DeAngelis at deangelisfamilyinml@verizon.net or Patty McElduff at pmcelduff@optonline.net.

Upcoming Events:

Wednesday, June 3rd - Parent Meeting for All Families @ St. Peters Church

6:30pm for parents of returning swimmers; 7:30pm for new parents

Come and meet the new coaching staff, learn about what we have planned for the season, and of course, pick up your team apparel! **IMPORTANT...**Bring your calendars as we will be having volunteer sign ups at this meeting. If you are unable to attend the meeting, volunteer positions will be assigned to you.

Friday, June 5th Parent Wine and Cheese Party, 7:30 @ the Home of Mike & Patty McElduff

Always a fun evening! This is a great chance to meet some of the new swim team parents and to catch up with friends you haven't seen in a while. It is also a fundraiser for the program. Look for your invitation in the mail shortly.

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June 10th and 11th, Borough Beach Test

Wednesday June 10th

- 3:00 - 4:30pm Beach Test for all team members
- 4:30 - 5:30pm Pre-Team Screening ***Mandatory***

Thursday June 11th

- 3:00 - 5:00pm Beach Test for all team members

These two dates are offered for members of the swim team only. All swimmers under the age of 13 are required to pass the test to be able to participate on the team. All pre-team registrants must be screened in order to participate in the program.

Future Events:

Please visit the team website for the complete summer 2009 calendar.

- After School Practice (ASP) for Swim Team
Monday, June 15th - Monday, June 22nd from 3:30 - 5:00pm
ASP is for all swimmers 13 and older, and those under 13 who have passed the Borough Beach Test
- PM Practice Tuesday June 23rd - Thursday June 25th - this schedule is in effect due to the later than usual end of school and opening of the beach.
3:00 - 4:30pm - 11/Overs
4:30 - 6:00pm - 9/10s
5:00 - 6:00pm - 8/Unders
3:00 - 6:00pm - Open Diving
- The regular practice schedule will go into effect on Friday June 26th
10:00 - 11:30am - 11/Overs
12:00 - 1:30pm - 9/10s and 11/Overs with morning commitments
1:00 - 2:00pm - 8/Unders
11:00 - 1:30pm - Open Diving

General Team Announcements:

Mountain Lakes Day Parade: Dust off your walking shoes, it's time to march in the annual Memorial Day parade. Swimmers are encouraged to meet the team at 9:45 in front of Wildwood school to walk in the parade with other team members and coaches. Marchers should wear last season's team shirt or any navy shirt. If you have any questions, please contact Monica Truumees at truumees@msn.com.

Website: The ML/Recreation/Swimming/Diving website www.mtnlakes.org has been updated with all of our 2009 forms and information. We will update the web site as new information is available so please remember to use this resource for team news and information.

Other Borough News

Beach Tags will be on sale starting May 18th. All swim team members and their parents are required to have beach tags in order to gain access to the beach/lake. Forms are available at Borough Hall and on the Mountain Lakes website, www.mtnlakes.org

For all parents of younger children, the Borough will once again be offering swim lessons this summer. There will be two sessions of 10 lessons, the first starting on July 6th. Swimmers must be at least four years of age but all abilities will be accommodated. Applications will be available at Birchwood ONLY starting June 26th. Children must be 4 years old on July 6th.

The Lifeguarding course for new lifeguards will begin June 13th at Birchwood Lake. Applicants must be 16 years old by July 1st. Call Borough Hall for applications.

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