

# ***Mountain Lakes Swimming and Diving Association***

## ***June 15, 2009 Newsletter & Upcoming Events***

Thank you to all of the parents who attended the wine and cheese party at the McElduff's last Friday. Hopefully this was a chance to reconnect with old friends and meet some new ones. Just a reminder...this is a fundraiser for our team (the only one we do aside from spiritwear sales). If you attended Friday's party and forgot to leave your donation (like I did!) or, if you were not able to attend but would still like to contribute, please send your payment to Becky Gross, 2 Roberts Drive, Mountain Lakes (suggested donation - \$25/couple, \$15/individual).

New families, please remember to ask a board member, or any veteran family, if you ever have any questions. We are all happy to help!

### **Upcoming Events:**

After School Practice Starts on Monday, June 15<sup>th</sup>!!!! This is for all swim team members 12 and under who passed their beach test last week as well as all 13 and over swimmers. Practice is 3:30 - 5:00, Monday through Friday.

With practice starting, please always remember to... arrive 10-15 minutes prior to the practice start time, bring goggles, a towel, water bottle and apply sunscreen.

Our first meet of the season is at home on June 22<sup>nd</sup>. Volunteers for this meet are:

**Monday June 22nd- Home versus White Meadow Lake**

Officials: K. Gleason, Lappe, Richards

Runner: Adams

Table Scorer: Willke, Cohen

Computer: Fenton/Scelsa

Colorado: Erickson

Announcer: Hitt

Timers: Anderson, Ratchford, Lachman, Halpin, Cammarata (2), Gregorek, Davies, Moreau, Bradlee, Boyle

Set Up: Narup, Bozzo, Brennan

Break Down: Patel

If you are not able to fulfill a volunteer assignment, we ask that you find a replacement. (It is usually easiest if you find someone to switch assignments with.)

### **Swim Team News:**

**Vacation Forms:** Please remember, this form must be submitted in order for your swimmer to be entered in any meets. It is critical that the coaches know which meets (dual and invitational) that your child will be attending. It is also helpful to know of any practices that will be regularly missed (eg. every Monday) or any consecutive practices that will be missed due to vacation etc. These forms are due by Friday June 19<sup>th</sup>. If there are any questions about these forms, please contact Megan Luciano at [mlswim@hotmail.com](mailto:mlswim@hotmail.com). An electronic version of this form is attached, you may return via e-mail to [mlswim@hotmail.com](mailto:mlswim@hotmail.com) or turn in a paper copy to Megan, Kim Rozanitis or Maura Gill at the beach this week.

# ***Mountain Lakes Swimming and Diving Association***

## ***June 15, 2009 Newsletter & Upcoming Events***

**Officials Meeting:** A meeting for all returning officials as well as those interested in becoming a summer official will be held on , June 25<sup>th</sup>, 7:30 pm, at Cathy Gleason's house, 23 Oak Lane. All attendees will be certified for summer swim. This will be an excellent training course as we will be reviewing tapes of "DQ's" - with a "what to look for list," a Stroke Briefing as used in both winter/club and summer/HUB & Lakeland meets, as well as official's materials as used in the USA certification training. Again, this meeting is for SUMMER CERTIFICATION only. Those interested in becoming a USA and/or YMCA official should attend those specific training sessions in the fall. However, this summer session is a great way to begin.

**Quick Notification System:** We continue to work on getting the quick notification system up and running. Remember, this system will be used primarily to notify team members of any last minute changes to meets or practices.

**Volunteer Sign Ups:** If you have not yet had a chance to sign up to volunteer at a meet, the sign up boards will be at the beach during practice next week. Again, we ask that all team families sign up to work at three of our meets as well as the Hub Lakes Championships.

We are also still looking for help with some of our social events:

- 13 and Over Bowling - August 3<sup>rd</sup> - 2 Volunteers needed to help collect money and coordinate a final head count with the Bowling Alley.
- Fun Night on the Beach - August 6<sup>th</sup> - 2 Volunteers needed to help with planning and organizing the night of the event.
- Awards Ceremony - August 8<sup>th</sup> - 2-3 people needed to put together family packets and be in charge of refreshments (cake and drinks).

If you can help with any of these activities, please contact Monica Truumees at [Truumees@msn.com](mailto:Truumees@msn.com).

**Team Apparel:** Our backordered items (caps, sweatshirts and some sweatpants) are due any day! We will have them at the beach during practice as soon as they come in.

We have had some people interested in ordering the orange and white team shorts (boys/mens style). If you would like a pair, please e-mail [mlswim@hotmail.com](mailto:mlswim@hotmail.com) with your name and size(s) by Thursday June 18<sup>th</sup>. These shorts again, are \$32/pair.

### **Future Events:**

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

- Pre-Team begins on Tuesday June 23<sup>rd</sup> at the Mountain Lakes Club. Please make sure your swimmer has a towel, goggles, a water bottle, and is wearing sunscreen. A separate document is attached for all pre-team members indicating which practice group you are in. The Mountain Lakes Club has requested that parents who wish to wait during practice do so in the parking lot. Since the club is not open at this time they prefer not to have anyone on the pool deck other than pre-team members and coaches.

# ***Mountain Lakes Swimming and Diving Association***

## ***June 15, 2009 Newsletter & Upcoming Events***

- Swim Team will practice on an unusual schedule June 23<sup>rd</sup>, 24<sup>th</sup> and 25<sup>th</sup>. (There is no practice on the 22<sup>nd</sup> due to the meet.) Practice times are as follows:
  - 12 and Overs 3:00-4:30
  - 9/10's 4:30 - 6:00
  - 8 and Unders 5:00 - 6:00
  
- Our regular practice schedule will go into effect on Friday June 26<sup>th</sup>.

### **General Team Announcements:**

**Beach Tags:** Remember all swimmers (and parents) must have their beach tags to get on to the beach starting on June 26<sup>th</sup>. Tags are available at Borough Hall.

**Website:** The ML/Recreation/Swimming/Diving website [www.mtnlakes.org](http://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**

For all parents of younger children, the Borough will once again be offering swim lessons this summer. There will be two sessions of 8 lessons, the first starting on July 6<sup>th</sup>. Swimmers must be at least four years of age but all abilities will be accommodated. Applications will be available at Birchwood starting June 26<sup>th</sup>.

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](mailto:mlswim@hotmail.com)