

Mountain Lakes Swimming and Diving Association ***May 2010 Newsletter & Upcoming Events***

Thanks to everyone who made it to our registration days at Briarcliff. We are excited to have 170+ swimmers registered to date, including 40 pre-team members and over 20 dive team members, and are looking forward to another successful and fun-filled season!

Swim & Dive Team News:

Announcing our 2010 Coaching Staff... Matt Elko will be back for his third season as Head Coach of the swim team. Joining Matt again this year as assistant coach is Greg Hudson. In addition to Matt and Greg, we are also thrilled to have our two junior coaches, Laura Flynn and Andrea DeAngelis, back with us this season.

We are pleased to announce the hiring of Laura Gray as our dive coach this year. Laura is a High School English Teacher and Assistant Field Hockey Coach in the Morris Hills School District. Her diving experience is extensive. She was a four year member and captain of the Lehigh University (Div. 1) dive team and has coached divers ranging from age 6 through college age. We are excited to have Laura join us to share her knowledge of diving with our team.

Please plan on attending the Parent Orientation meeting on June 1st where you will have a chance to personally meet our coaching staff.

Pre-Team Volunteer Coaches: Coach Matt is looking for volunteers to help with the pre-team practices. These practices are Tue 6/22 - Fri 7/2 @ ML Club 8:45-10:00am and Mon 7/5 - Fri 7/16 @ 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.

Upcoming Events:

Tuesday, June 1st - Parent Meeting for All Families @ The Mountain Lake's Library Meeting Room
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 for those who did not sign up at registration. If you are unable to attend the meeting, volunteer positions will be assigned to you.

Friday, June 4th Parent Wine and Cheese Party, 7:30 @ the Home of John and Marianne Scelsa

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. Look for your invitation in the mail shortly.

June 8th and 10th, 3:00 - 5:00pm Borough Beach Test/Pre Team Screening

These two dates are offered for members of the swim team and pre-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 2010 calendar.

- After School Practice (ASP) for Swim Team
Monday, June 14th - Friday, June 18th - from 3:30 - 5:00pm
Dive Team Open Practice 3:45 - 5:00, Monday June 14th - Friday June 18th *except Wednesday*
ASP is for all swimmers 13 and older, and those under 13 who have passed the Borough Beach Test
- PM Practice Monday June 21st - Wednesday June 23rd - this schedule is in effect due to the later than usual end of school and opening of the beach.
 - 3:00 - 4:00pm - 11/Overs
 - 4:00 - 5:00pm - 9/10s
 - 4:00 - 4:30 - 8 and unders
 - 3:45 - 5:00pm - Open Diving

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- The regular practice schedule will go into effect on Thursday June 24th
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:

Last Call for Team Banners - For the first time in many years the swim team offered Team Banners for sale along with our traditional apparel. Unfortunately, we currently do not have enough orders to fulfill the minimum order requirement. If anyone is interested in ordering a banner please contact Cathi Harris at cathiharris@optonline.net . If the minimum number is not met, we will refund those people who already ordered.



Officials Training: The Lakeland League will be holding a Summer Officials Training Clinic on June 26th from 9:00 - 12:00 at the Green Pond Community House. The cost is \$5 for materials. The league also plans to hold a second session in July although the date and place are still to be determined. If anyone is interested in attending the June session, or has any additional questions about becoming an official, please contact Cathy Gleason at gleasonk@optonline.net (201-406-3701).

Memorial Day Parade: For the past few years the team has enjoyed walking together in the Memorial Day parade. We are looking for parents to help coordinate our participation this year. If any parents are interested in organizing and walking with the kids or, any swimmers in walking with the team in the parade, please e-mail mlswim@hotmail.com. The team's participation will depend on interest/availability of our members.

Website: The ML/Recreation/Swimming/Diving website www.mtnlakes.org has been updated with all of our 2010 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 28th. All swim team members and their parents are required to have beach tags in order to gain access to the beach/lake. Forms will be 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 24th. Children must be 4 years old on July 6th.

Celia Flynn is looking for a family to manage the "Shack" at Island Beach this summer. If interested, please contact Celia at CFlynn@mtnlakes.org.

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