

Mountain Lakes Swimming and Diving Association

June 14, 2010 Newsletter & Upcoming Events

Thank you to all of the parents who attended the wine and cheese party at the Scelsa's last Friday. Hopefully this was a chance to reconnect with old friends and meet some new ones. A big thank you also to John and Marianne Scelsa for opening their home to us all. 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 14th!!!! This is for all swim and dive 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 for swim team, and 3:45 - 5:00 for dive team (please see dive team section below for age group break out).

For those participating on both the swim and dive team, the practice schedule for next week is as follows:

- 12 and unders will swim from 3:30-4:15, and then dive from 4:15-5:00
- 13 and overs will dive from 3:45-4:15, and then swim from 4:15-5:00

Please remember there is no dive team practice on Wednesday June 16th.

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

Our first meet of the season is not until June 28th and is away at Lake Parsippany. Details of volunteers for this meet will follow in a future newsletter.

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 25th. If there are any questions about these forms, please contact Megan Luciano at mlswim@hotmail.com. An electronic version of this document is attached and may be returned via e-mail to mlswim@hotmail.com. In addition, hard copies of the forms may be turned in via the team mailbox at Birchwood Beach (located on the bulletin board), given to Mrs. Allison at the Shack, or to Kim Rozanitis, Maura Gill or Megan Luciano.

Officials Meeting: A meeting for all returning officials as well as those interested in becoming a summer official will be held on , June 22nd, 7:00 pm, at Cathy Gleason's house, 23 Oak Lane. 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.

The Lakeland league will also be holding a training clinic on June 26th from 9:00 - 12:00 at the Green Pond Community House. The cost is \$5 for materials. If interested in attending this session please contact Kathy Gleason at gleasonk@optonline.net.

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Lastly the Hub Lakes League will hold their officials training on June 15th at the Cedar Lake Club House. The class will start at 7:00 and run about an hour and a half. Please reply to mlswim@hotmail.com if you plan to attend this session as the league needs a head count of attendees.

As you can see there are many opportunities coming up to become a summer official. Anyone who attends any of these classes will be certified for summer swim. 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.

Laps 4 Life T-Shirt Design Contest: As discussed at our parent meeting, the team will be holding a swim-a-thon fundraiser to benefit the Progeria Research Foundation on Friday July 9th. This will take the place of regular Friday practice. All participating swimmers will receive a t-shirt for which we are holding a design contest. Information on the t-shirt design contest is attached, but it's time to get out the pens and crayons and start drawing. Entries are due by Friday June 25th.

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 meets as well as helping with a social event.

Team Apparel: Our backordered items are due any day! We will have them at the beach during practice as soon as they come in.

Dive Team News:

Welcome back returning divers and a warm welcome to our new members. We're looking forward to a great season and have lots of fun things planned for you. Please come to practice on Monday in a bathing suit with the following: 2 towels, sweat shirt & sweatpants or flannels, water bottle, sunscreen already applied and a sammy.

Dive Team Practice schedule 6/14-6/18 (not including 6/16):

3:45-4:15 = 13 and overs

4:15-5:00 = 12 and unders

We are trying to work out an age specific practice schedule for divers this season and would like to confirm who is participating in the rec. program as either a camper or counselor. Please email Margaret Capodanno, Dive Team Coordinator at capodanno_margaret@hotmail.com with your child's availability based on their rec. schedule. In the next newsletter, we will send out the practice schedule for the remainder of the season.

Future Events:

Please visit the team website for the complete summer 2010 calendar.

- Pre-Team begins on Tuesday June 22nd at the Mountain Lakes Club. Please make sure your swimmer has a towel, goggles, a water bottle, and is wearing sunscreen. Pre-team

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members will be notified which practice session they are in next week. 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.

- Swim Team will practice on an unusual schedule June 21st, 22nd and 23rd. Practice times are as follows:
 - 11 and Overs 3:00-4:00
 - 9/10's 4:00 - 5:00
 - 8 and Unders 4:00 - 4:30

- Our regular practice schedule will go into effect on Thursday June 24th.

General Team Announcements:

Beach Tags: Remember all swimmers (and parents) must have their beach tags to get on to the beach starting on June 24th. Tags are available at Borough Hall.

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

For all parents of younger children, the Borough will once again be offering swim lessons this summer. Swimmers must be at least four years of age but all abilities will be accommodated. Applications will be available at Birchwood starting June 24th.

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