

Mountain Lakes Swimming and Diving Association

July 12, 2010 Newsletter & Upcoming Events

Last week was a busy one for the swim team with dual meets on Monday and Wednesday, the Laps-4-Life swim-a-thon on Friday and the first invitational of the season on Saturday. With great results in all meets and an incredibly successful swim-a-thon it was a terrific week in many ways. Congratulations to all swimmers!

Coach Matt has been posting meet entries at practice the day of the meet. Please make sure either you or your swimmer checks this sheet to confirm your participation. It is infinitely easier to make corrections earlier in the day as opposed to at the meet.

Upcoming Events:

As usual, we have two dual swim meets this week:

- Monday we will be swimming at Home versus Indian Lake. Swimmers are asked to arrive at 6:00, warm ups are at 6:15 and the meet will start at 6:45.
- Wednesday brings the much anticipate meet against Cruiser Club and our old friend Coach Lesh. This is also our team photo and pizza night. Swimmers should arrive by 5:00 for the photo and be sure to wear this year's team t-shirt. The meet is scheduled to start at 7:00.

Swimmers, be sure to check in with the coaches when you arrive at all meets! (If the coaches are not aware you are there, you may get replaced in an event.)

Monday July 12th- HOME versus Indian Lake

Officials: Marosits, K.Gleason, DeAngelis, LaRocco, Fu, Hayward, Richards, Seijas

Table Scorer: Cohen, Wendler

Computer: Scelsa, Luciano

Colorado: Moreau, Graf

Announcer: Smith (Hanover)

Runner: White

Timers: Bay, Caldarone, Capodanno, Cook, Dock, Ferdico, Gemici, Hendricks, Lachman, Shanker, Sheppard, Shringapore, Weiss

Set-Up: Bay, Kushkuley

Break-Down: Cammarata, DeLara

Wednesday July 14th - HOME versus Cruiser Club

Officials: Marosits, K.Gleason, DeAngelis, LaRocco, Fu, Shi, Hayward, Richards

Table Scorer: Willke, Adams

Computer: Scelsa, Luciano

Colorado: Moreau, Tarantola

Announcer: Pallaria

Runner: M. Gleason

Timers: Buckley, Cammarata, Holt, Gu, Kessler, Patel, Pirollo, Plonski, Schicke, Smith - Briarcliff, Tarino, Van der Merwe, Walsh, Wilson

Set-Up: Brennan, Kushkuley

Break-Down: Caldarone, Shanker

****Please remember, you are responsible for finding your own replacement if you are no longer able to work a meet that you signed up for. Also, parents will often be asked to step up and help at both dual meets and invitationals when we are short volunteers. As you know it takes many hands to run a successful swim meet so we appreciate your help and support. ****

Swimmers please stay until the end of the meet! If for some reason your child has to leave early, please make sure a coach has been notified.

Saturday July 18th - 12 & Under Invitational at Pequannock

Information is still pending on this meet but it is expected to be similar to last weekend's with morning warm ups (~ 8:00) and lasting until early afternoon. As always, we will need to provide volunteers for this meet so please be aware that if your child is swimming that day, you may be asked to help out in some way.

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As a reminder for all invitational meets, please be sure to check the entries that are posted at Birchwood at the start of the week. Our team pays an entry fee per event for all swimmers and loses money when swimmers cancel at the last minute or do not show up. Also, for all invitationals as well as dual meets, swimmers are expected to swim any and all events in which the coaches have entered them. Coaches sometimes enter swimmers in events that are not their strongest so that they gain experience. It is only with experience that they will improve.

Remember sunscreen....t-shirts, food, etc will be sold at the meets. Parents will also most likely need to pay a small fee for admission and program listing all swimmers and events.

The pre-team moves to Birchwood Lake this week and will run from 2:00- 2:30ish. Please note, Tuesday July 20th is the last day of the pre-team.

Swim Team News:

Vacation Schedules: All updates should be sent to mlswim@hotmail.com. You do not need to fill out a whole new form; a note detailing the change is fine. Please send any changes as soon as you are aware of them as this helps with planning.

Lost & Found:

If anyone has a missing item they would like included in the newsletter, send details to mlswim@hotmail.com

Dive Team News:

Last Thursday, the dive team hosted Indian in an inward & tuck meet. Divers had to perform either an inward or a tuck dive plus two additional dives from the forward & back position. Just three short weeks ago, many of our divers were learning how to do a hurdle with a forward dive. Now, they are performing complicated dives like the inward or one and a half's and a few have taken it to the 3 meter. We're very proud of the progress they've made and their hard work was evident in the final score: Mountain 53, Indian 57. Congratulations divers! A HUGE thank you to our volunteers for running a successful meet: Scott & Meg Richards, Matt & Becky Buckley, Jill Zimmermann, Kim Hsiang, Angela Brancato & Janet Ficaró.

North Star Gymnastics:

There will be another North Stars Gymnastics trampoline session to prepare for the upcoming dive Championships on Saturday, July 17th from 9:30-11:30. Please see Coach Jen if you are interested in participating.

End of Season Party:

The end-of-season ice cream social for the dive team will be held on Thursday, July 22nd from 2:30 - 4:00 at the home of Scott & Meg Richards

Championships:

We are hosting the HUB Lakes Diving Championship on Saturday morning, July 24th. Please let Coaches Laura or Jen know if you are unavailable to participate.

Practice Schedule:

11-11:45 - All divers NOT on swim team & 9/10's

11:45-12:30 - 11 through 13 year olds

12:30 -1:30 - All divers participating in rec & 14 and overs.

Upcoming Meet Information:

Thursday, 7/15- AWAY vs Indian

Warm ups start at 6pm and the meet will begin at 6:30. Reminder to all divers: please DO NOT leave a meet before checking in with Coach Laura. If possible, please stay until the end of the meet to hear final results.

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Future Events:

Planning for Laker Fun Day on Monday August 2nd is underway and information is attached to this newsletter. The 12 and unders will be at Jump on In from 10:00 - 12:00 that morning. The 13 and overs will be bowling from 7:00 - 9:00 Monday evening. The coaches will be at both activities.

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

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