

Mountain Lakes Swimming and Diving Association

July 11, 2011 Newsletter & Upcoming Events

Congratulations to all swimmers on the team's victories last week. We remain undefeated in the Hub Lakes league and started off the Lakeland season with a win as well.

Upcoming Events:

We have two dual meets this week. On Monday we are home for a meet against Indian Lake. Swimmers are asked to arrive by 5:45, warm ups are at 6:00 and the meet will start at 6:30. On Wednesday we will be away at Fayson Lake in Kinnelon; please arrive by 6:15. Warm ups are at 6:30 with a meet start of 7:00. Below are the families who have signed up to volunteer at these meets:

Monday July 11th - versus Indian Lake

Officials: Gleason, Marosits, DeAngelis, LaRocco, Shah, Richards, Graf, Tarantola

Table Scorer: Lore, Wolkenstein

Runner: Morgis

Colorado: Luciano

Announcer: Brandon Smith

Timers: Buckley, Ferdico, Hohne, Holt, Miller, Parsa, Pirollo, Ratchford, Seijas

Set Up: Brennan, Kushkuley

Break Down: Brennan, Tsang

Wednesday July 13th at Fayson Lake

Officials: Gleason, Fu, Shah

Table Scorer: tbd

Timers: Corbo, Gemici, Gross, Hohne, Kiely, Lin, McCartney, Menard, Pirollo, Tarantola, Tarino

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.

Saturday July 16th - Odd Age Invitational at Packanack Lake

This Saturday is the first invitational of the season. All swimmers who indicated on their vacation form that they were available this weekend will be entered in this meet. Warm-ups are expected to begin at 8am with a 9am meet start. The meet will run until late afternoon. Swimmers are asked to arrive for check in at 7:30 am. For this invitational swim meet, there is no limit on the number of events a swimmer can swim so your child may be swimming all four strokes. Entries will be posted at the lake so your swimmer can see what events they are swimming.

This is an invitational meet and unlike our week nights meets each team must pay \$3 per swimmer for each event that they swim. If you are entered in this meet, please make sure the coaches know by Wednesday if your plans change, as this will help the coaching staff to make the proper entries and avoid unnecessary costs.

We will need to provide volunteer timers and officials 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 at the meet.

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

Coach Elko is responsible for meet entries. We plan to post a list of swimmers expected to be participating in a meet, at practice the day of a meet. Swimmers are responsible for checking the list and letting Coach Elko know at practice if a correction needs to be made. If you ever have a question about an event that your child is entered in

Mountain Lakes Swimming and Diving Association

July 11, 2011 Newsletter & Upcoming Events

for a meet please speak with him at practice the day of the meet (not at the meet). **And remember, no parents on the dock during a meet (home or away) unless they are scheduled to work.**

Our regular practice schedule for team swimmers is in effect for the remainder of the season:

11 and overs: 10:00 - 11:30

9/10's: 12:00 - 1:30 (and 11+ swimmers with a.m. commitments)

8 and unders: 1:00 - 2:00

All swimmers are asked to arrive 15 minutes prior to the start of practice so that they will be ready to begin on time. Swimmers should always have sneakers with them for the dryland portion of practice.

The pre-team moves to Birchwood Lake this week. The group will meet by the "short lanes" at Birchwood from 2:00 - 2:40ish this week and next.

Congratulations to all of the pre-team swimmers who have moved on to the team! Parents, please remember to turn in a family vacation schedule once your child is on the team.

Dive Team News:

The Dive team will have a meet at Indian Lake this Thursday. Divers are asked to arrive at 5:45 for warm ups; the meet will start at 6:30. Please find a coach when you arrive for warm up instructions.

** Divers 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.

Regular Season Practice Schedule:

11:00 - 11:30: 9/10 age group

11:30 - 12:30: 13/14 age group

12:30 - 1:30: 11/12 and 15/overs age groups

If you have any questions related to Dive Team, please contact Margaret Capodanno, at mldive@hotmail.com.

Swim Team News:

Apparel Re-Order

We will be placing a 2nd order on the Women's Vintage T-shirts. They are available in AS, AM, AL, AXL and cost \$25. Orders will be accepted only through Friday, 7/15 and can either be turned in at the Shack or given to Marianne Scelsa. Be sure to indicate name and size along with payment.



ML943
24 Dark Grey T's
2 Color Print
Orange & White

Mountain Lakes Swimming and Diving Association
July 11, 2011 Newsletter & Upcoming Events

Lost & Found:

Lost - Speedo goggles, clear lens with pink rims. If found, please return to the Shack or the Tsangs.

If anyone has a missing item they would like included in the newsletter, send details to mlswim@hotmail.com. All lost and found items posted here can be returned to the Shack.

Future Events:

Mark your calendars for this year's Laker Fun Day, White Water Rafting, on Monday August 1st! Look for all information including all paperwork under a separate e-mail.

Please visit the team website for the complete summer 2011 calendar.

Other Borough News:

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