

Mountain Lakes Swimming and Diving Association

April/May 2008 Newsletter & Upcoming Events

Thanks to everyone who made our registration a success! It looks like we will have another fun filled summer, with over 200 swimmers registered for the clinic and team. We are also thrilled to welcome more than 85 new swimmers to the program.

Swim Team News:

Introducing our 2008 Coaching Staff...Joining Matt Elko, our new head coach, as Assistant Coach is Alisha Carrazza. Alisha, a Boonton Twp. resident, is currently finishing her sophomore year at the College of the Holy Cross in Massachusetts. Alisha is a member of the Holy Cross swim team and swam for Mountain Lakes High School where she holds the school record in the 100 Free and 200 IM. She has coaching and swimming experience at the Lakeland Hills YMCA. Alisha, as Assistant Coach, will be helping Matt with all aspects of coaching and running the team.

In addition to Matt, and Alisha, we will also have two junior coaches in place to help with the team this summer. Laura Flynn and Jennie Marosits, who have done a wonderful job volunteering with the swim clinic in the past, will be moving into these roles. Both girls are sophomores at Mountain Lakes High School and members of the swim team. Their swimming experience also extends beyond the high school, as Laura swims for the Morris County Swim Club and Jennie swims for the Lakeland Hills YMCA. They will be assisting with the clinic, team practices, dual meets, and invitationals.

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

Looking for a few good officials... Where is the best place to watch a meet? From the dock of course, but the only way to be out there is if you are working as an official for the team. Many of our current officials are parents of older swimmers and we would love to get some new people involved. Any parents who would be interested in taking this ½ day class to become an official, or who would just like more information about becoming an official, should contact Karen LaRocco at larocco75@optonline.net or Patty McElduff at pmcelduff@optonline.net. Please note, the class this year will be held at Mountain Lakes so there has never been a better (easier) time to get certified!

Upcoming Events:

Wednesday, June 4th - Parent Meeting for All Families @ St. Peters Church

7:30 for all new parents; 8:00 for parents of returning swimmers

Come and meet the new coaching staff, learn about what we have planned for the season, and of course, pick up your team apparel! **New this season..."The Parking Space Raffle"**...bring your calendars as we will be having volunteer sign ups at this meeting. Raffle tickets will be given to parents at the volunteer sign-up board for a front parking spot at the first home meet. We will draw the ticket just before the close of the meeting. Volunteer positions will be assigned for those who do not attend the meeting.

Friday, June 6th Parent Wine and Cheese Party, 7:30 @ the Home of Joe Kessler

Always a fun evening to kick off the season! 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 in May.

June 10th and 12th from 3:30 – 5:00, Borough Beach Test

These two dates are offered for members of the swim team only. All swimmers under the age of 13 are required to pass the test to be able to participate on the team. Please plan on coming one of the two days.

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Future Events:

Please visit the team website for the complete summer 2008 calendar.

- **After School Swim Practice (ASP)**
Monday, June 16th - Friday, June 20th from 3:30 – 5:00
ASP is for all swimmers 13 and older, and those under 13 who have passed the Borough Beach Test
- **Regular Season Practice and the Swim Clinic starts Monday June 23rd**

General Team Announcements:

Mountain Lakes Day Parade: In the past the team has walked in the Mountain Lakes Day parade on Memorial Day. We realize, however, that many people either travel for the weekend or are committed to marching with other organizations. If your child(ren) would be interested in walking with the summer swim team in the parade, please contact Monica Truumees at truumees@msn.com. We will not walk as a team unless we have enough interested participants. An e-mail will be sent confirming our participation the week prior to Memorial Day.

Website: The ML/Recreation/Swimming/Diving website www.mtnlakes.org has been updated with all of our 2008 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.

Children's Activities: We are looking for suggestions for a new 10 and under event to replace the bowling outing which has not been well attended the past couple of years. If anyone has any thoughts or suggestions, please contact Monica Truumees at truumees@msn.com.

Attention all 16&Overs... The lifeguard training course will begin on June 7th; interested attendees should contact Mrs. Conlin @ dedec@optonline.net for an application. There is a \$185 fee for the course.

Other Borough News

Borough Swim Lessons: 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 7th. Swimmers must be at least four years of age but all abilities will be accommodated. Applications and sign-ups will be available at Birchwood starting June 22nd.

Borough Beach Tags: Beach tags are now being sold at Borough Hall. Don't forget to purchase your tag(s) prior to the first practice, as you will not be permitted on the beach to practice with the team without one.

July 4th Fun Races: The Recreation commission is looking for someone to help run the relay races that are held at the Mountain Lakes Club on July Fourth. As most of you know, these are not serious races but fun events for children of all ages. They are also looking for older kids to help keep things running smoothly on the day of the races. If anyone would be interested in helping this year please contact Celia Flynn at cepf@aol.com or 973-402-8292.

Hub Lakes League Boosters: The ML Swim Team is one of the many teams that participate in Hub Lakes sporting events. A booklet is distributed by the league each year which includes the record holders for each sport, as well as the league rules, contacts, and other pertinent information. Anyone wishing to donate or support the Hub Lakes Sporting Teams, should contact our Mountain Lakes Representative, Christy Whitehouse at 973-334-8190. Your support is appreciated; an ad is attached.

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