**We’re headed to Nakoma because….**

**it is ALL CITY TIME! The culmination of all the efforts of swimmers, divers, parents, and coaches!**

Lots of information here on the All City Swim Meet: [allcityswim2014](http://www.allcityswim2014.com/)

And here’s how to get to Nakoma: [google map](https://goo.gl/maps/srw74)

And here are the parking and drop off rules: [parking](http://www.allcityswim2014.com/parking.html)

And here are the answers to FAQ’s: [FAQ's](http://www.allcityswim2014.com/at-the-meet.html)

And here is the site plan: [site plan](http://htmlimg2.scribdassets.com/2jwp4akdxc3ucew0/images/1-224bdfc550.jpg)

And here is the All City Schedule for swimmers: [order of events/schedule](http://www.allcityswim2014.com/uploads/2/5/0/0/25008871/2014_all_city_order_of_events.pdf)

**\*\*There is a major change in the meet schedule this year: Both 11-12 and 13-14 medley relays will be swum Thursday morning, not Saturday morning as is usually the case. Otherwise, the schedule is the same: Thursday prelims for 11-12, 13-14 and 15-18 swimmers; Friday prelims for 8/U and 9-10 swimmers AND all 8/U relays; Saturday finals for all age groups, plus 9-10 and 15-18 medley relays, and 9-10, 11-12, 13-14, and 15-18 free relays.**

But before heading out to the pool, we’ll do warm-ups at our Monona pool. There are no warm-ups at the Nakoma pool! Warm-up schedule at the Monona pool:

**Thursday: 11-12s, 13-14 and 15-18s:**

**Warm-ups at 6:00 a.m. at the Monona Pool**

**Friday: 8&unders and 9-10s:**

**Warm-ups at 6:00 a.m. at the Monona Pool**

**Saturday: Everybody!**

**Warm-ups at 6:00a.m. at the Monona Pool**

**PARENTS: PLEASE READ (and abide by!) the FOLLOWING:**

**Do NOT skip warm-ups unless…**

****

**You have notified Coach Kelly first!**

**All swimmers who will be swimming Thursday, Friday and/or Saturday MUST either warm-up at the Monona pool OR notify Coach Kelly about not warming up. This is for all age groups; no exceptions. There will be no warm-ups at Nakoma pool for any of the three days of All-City; plan on leaving directly for the Nakoma pool after warm-ups.**

There are swimmers for whom NOT warming up makes sense. If, for example, you are scheduled to

swim only the afternoon events Thursday or Friday, it may not make much sense to warm-up at 6:30 a.m. if your first race isn't until the afternoon. **If you choose not to warm-up, that's OK with Coach Kelly, but telling her is MANDATORY. Either in person, a note in her mailbox, phone call (309-264-8378) or emailing at:** [**kchadesh@gmail.com**](mailto:kchadesh@gmail.com)

Here's the reason for the mandatory warm-up/notification procedure. The All City swim meet is a very

busy time for our coaches, much busier than a dual meet. They are trying to make sure swimmers get to

their races on time, track how well our swimmers swim, and do some actual coaching. It's very difficult

for them to track down swimmers. In particular, it's crucial at the All City meet because it can be difficult to have a late-arriving swimmer checked into the clerk-of-course area at the meet.

**If you have signed up to swim for All City (and this applies to both prelims and finals on Saturday), please make every effort to swim. If for some reason – sickness, family emergency – you can’t make it, please call Coach Kelly at (309)264-8378. But, PLEASE make every effort to swim at the meet.**

**IMPORTANT NOTE** for **all** 11-12 swimmers on Thursday, 8 & under swimmers for Friday, and 9-10 swimmers for Saturday: You will be the first group of swimmers that goes through clerk of course those days. All City organizers will begin clerking swimmers at Middleton **no later than 7:30 a.m**. Given that it can be up to a 15-minute drive from the Monona pool to Nakoma, parents will want to have their swimmers finish their warm-ups in time to find parking, and get to the clerk-of-course tent in time for the meet (parents – remember you will be driving in rush-hour traffic Thursday and Friday mornings on the Beltline). Please plan accordingly, and plan to leave directly from the Monona pool to Nakoma. All City is now in its 53nd year of operation, and is a pretty well-oiled machine; **in short, late arrivals risk not swimming!**

**IMPORTANT NOTE** FOR **13-14 and 15-18** age-group swimmers for Thursday: for the third straight year, swimmers in individual events for Thursday’s prelims in the 13-14 and 15-18 age groups are still required to check in at clerk of course for their events. However (and this is a BIG however…), 13-14 and 15-18 swimmers are responsible for showing up for their individual events, behind the blocks, on time for their events. Here is the language from All City:

“All individual participants in 13 and over preliminary events are required to report to the Clerk of

Course for check in and staging but are responsible for getting themselves behind the blocks in the correct heat and lane. There will be volunteers behind the blocks to help confirm heat and lane.”

**All City meet officials will not hold up the meet for late-arriving swimmers. All swimmers in all age groups swimming in relays and individual events on Saturday WILL BE REQUIRED to go through clerk of course.**

**Practice still on during All City**

We will still have practice on Thursday (for 8&U’s and 9-10s) and Friday (11-12s, 13-14s, 15-18s) of All City week. Practices will be shorter than usual, and involve a light workout that focuses on starts, turns, and relay exchanges. Practice times:

**Thursday (8&U’s, 9-10s):** 7:00—8:00am only

**Friday (11-12s, 13-14s, and 15-18s):** 7:00am-8:00am only

**GENERAL INFORMATION – Clerk of Course procedures**

Here is information on clerk of course will operate at All City from Nakoma meet organizers:

* **Clerk of Course check-in, staging, and delivery to the blocks is required for: All individual participants in 12 and under events (both preliminary and finals); all individual participants in 13 and over events in finals; all relay timed final events.**
* All relays must report to Clerk of Course as a complete team. All individual participants in 13 and over preliminary events are required to report to the Clerk of Course for check in and staging but are responsible for getting themselves behind the blocks in the correct heat and lane. There will be volunteers behind the blocks to help confirm heat and lane.

**Only checked-in swimmers and coaches will be allowed in the clerk of course; junior coaches’ names will be given to the check-in table where they can obtain a name tag and enter the clerk of course.**

* Please remind swimmers: Use the bathroom before entering the Clerk of Course. Please show respect to the volunteers and other swimmers -- display good sportsmanship, use a quiet voice, and stay seated while in the Clerk of Course. We will request help from each team’s representative in the Clerk of Course should behavior issues arise, and only contact coaches if issues are not easily resolved. For the safety and enjoyment of all, repeated behavior issues may result in a swimmer’s disqualification.
* Events will be announced over the PA system and an individual will go to each tent with a bullhorn announcing events that are being staged. We strongly encourage swimmers to come to the Clerk of Course on the first call. **Swimmers who do not report to the Clerk of Course WILL NOT be paged.**
* Swimmers are encouraged to leave personal items at their swim team tent and NOT bring items with them to the Clerk of Course. Team baskets will be provided outside the Clerk of Course for swimmers to deposit items while they are in the Clerk of Course and swimming events. Nakoma Swim & Dive Team is not responsible for lost or stolen items.
* 10 and under swimmers will NOT be allowed to take any personal items into the Clerk of Course or onto the pool deck. 11 and up swimmers may take personal items into the Clerk of Course and onto the pool deck to be deposited in a basket behind their lane if they choose. Swimmers will be required to retrieve their items immediately following their event. Any items not immediately retrieved will be delivered to the swim meet lost and found. Swimmers will NOT be permitted back on deck to retrieve their items once they exit after their event.

**SATURDAY FINALS**

**All swimmers, including alternate swimmers, should report to the Clerk of Course. Alternate**

**swimmers will remain in the Clerk of Course until all 18 finalist swimmers have checked in. During finals, a swimmer who does not report to Clerk of Course before the start of the first final heat of the previous event of the same gender (i.e. two prior events) shall be considered a no show and barred from that event**.

**How to find your swimmer after the race**

Parents of young swimmers, few things at All City are as potentially chaotic as dozens of parents waiting for their 8-and-under swimmers to finish a race. **Please** try to arrange with your swimmer beforehand how will you find each other. All City is swarming with people, and it can be intimidating for a first-time or very young swimmer. We urge parents to have a conversation with your swimmer about how to find each other after the races.

A good option may be to meet back at “tent city.”****

**Many other All City details:**

* Monona will have one of the larger tents at All City – meet organizers usually give us a blue-and-white tent (look for the Monona sign). A reminder: Please – ***please*** – pick up after yourself when you leave for the day. Let’s leave our tent the cleanest one at All City (something we haven’t always done so well)! Trash receptacles are located through the All City grounds.
* First aid (bee stings aren’t uncommon at All City), concessions, heat sheets, and All City clothing will all be available at All City. Please bring (or buy) plenty water and Gatorade; it is particularly important during the long days of All City that swimmers stay hydrated.
* Buy a heat sheet; it will help you keep track of your swimmer and their teammates. There are

separate heat sheets for all three days. Bring a highlighter so you can keep track of your kid --

and the other Monona swimmers as well. **Cheer for everybody!**

* Swimmers who finish in the top 18 in their event during prelims (plus two alternates) advance to Saturday's finals. Points are awarded down to 18th place for both individuals AND relays. Swimmers who finish 1st, 2nd or 3rd get medals, while ribbons are awarded to 18th. Also, every child who swims usually gets a participation award of some kind, so you may want to check at the awards table to make sure you get yours.
* Most parents' toughest job will be keeping track of their kids and getting them to the clerk of

course on time. The kids tend to run around and have a good time, while their parents are

frantically looking for them. There will be more than 700 kids there on Thursday and Friday, and more than 1,500 kids on Saturday, so finding your moppet can be nerve-wracking. Make sure you have a discussion with your children about how to get to their races on time.

* Make sure to bring something to do to pass the time. Cards, games, and books help pass the

time between events. Although we can't advise parents on what to have their children bring (IPods, cell phones, etc.), know that All-City has literally thousands of kids and parents roaming around in a pretty big area, and things can get easily lost. There will be a lost-and-found tent on the grounds of All City.

* Here’s something fun: Monona swim mom Robin Beal will be doing glitter tattoos at prelims on Thursday and Friday. We will be accepting voluntary donations for Second Harvest for the tattoos this year.  We have many designs and colors to choose from!
* Second Harvest will have a tent at All City for cash donations only; they will be accepting food donations at All City.
* With respect to the accessorizing of our tent in tent city, we acknowledge the creativity of

swimmers (and families) in the creation of a home-away-from-home atmosphere during the

three days of All-City. **But** **-- if you bring it in, take it home!**

* **All senior swimmers (those participating in your last All City meet): Because of the tight timeline for Saturday, meet organizers need to move through the senior recognition ceremony quickly –please don’t miss out!**

Above all, have fun! Many parents and swimmers, some long gone from our club, say that some of their fondest memories of summer swimming came at the All-City meet. It's a great time that only comes around once a year; make the best of it, and have fun!

**Items in this newsletter that have little or nothing to do with All City!**

* **Don’t miss the team banquet!** Our team banquet – which celebrates our team’s accomplishments – has been moved to [the Fireman’s Park Shelter](https://goo.gl/maps/frDsh), a short walk across Winnequah Park from the MO pool. The banquet is on Sunday, August 2 from noon-3:oopm. If you haven’t registered yet, please make sure to do so! Payments go into the “Saloma” folder.
* One of the best things about MO is the awesome coaches that work with our kiddos every single day.  If you are looking for a way to say thank you, but not quite sure who, how or how much … we would like to offer a suggestion: Contribute today to our “Gift Card Collection” which will be divided up among all MO coaches and presented at the end of season banquet.  You decide on an amount that works for your family and have fun picking out the kind of card.  Experience tells us that favorites include sandwich shops, coffee joints, gas stations, restaurants, and department stores.  If you don’t have time to pick them up, a cash donation would be appreciated … we’ll do the shopping for you. Please drop the cards off in the “Brunsell” folder at the pool or give them Marit Brunsell or Sue McDade this week; donations accepted up until the Sunday team banquet!
* We’re getting together after All City Saturday night for fun and refreshments. The adults-only, post-All City get-together will be held Saturday starting at 6:30 p.m. at the **Great Dane Eastside**, on Cottage Grove Road in Grandview Commons: <http://eastside.greatdanepub.com/> The club will buy some appetizers; beverages are on your own, and feel free to grab a bite to eat there if you want something more substantial. The Great Dane Eastside has graciously reserved half of the bar area on the main floor for MO Swim and Dive. All Monona Swim and Dive Club parents invited; we hope to see you there to celebrate another great season!

**EVERY SINGLE MO SWIMMER AND DIVER IS A STAR**

**THIS WEEK!! GO MO!!**



Questions on anything related to All City? Feel free to email any of the following, who have been through more All City meets than they can count. We’ll be happy to help!

MO team president Susan Ruhde: [susanruhde@gmail.com](mailto:susanruhde@gmail.com)

MO Announcer Phil McDade: [wimcdade@tds.net](mailto:wimcdade@tds.net)

MO Clerk of Course savant Sue McDade: [wimcdade@tds.net](mailto:wimcdade@tds.net)