

# Monona Magicians: LANE LINES

www.mononaswimanddive.com

## DIVE:

MO vs. Nakoma @  
Nakoma

Friday, 6/12 4pm warmups  
5pm start

## SWIM:

MO vs. Nakoma @ Monona  
Saturday, 6/13 6am team  
breakfast, 6:30 warmups  
8am start

## Coach Kelly says...

When you sign up to participate in a meet, please add a note that states whether or not you are able to participate in the relays; free, medley, or both!

At the meet, make sure to check in/out with your coaches upon arrival/before leaving. One reason is so that the can put together the relays, which are the first/last events of the day.

If you have signed up for the meet, please SHOW UP unless you are legitimately ill or have a family emergency.



**Kelly can be reached at (309)264-8378**

Be on time and participate in warm ups.

Have fun, and SWIM FAST!!

## meet checklist:

- ~suit
- ~competition goggles (labelled w/sharpie)
- ~MO swim cap (labelled w/sharpie)
- ~2 dry towels
- ~sweatshirt/sweatpants
- ~sleeping bags or blanket
- ~sharpie
- ~sunscreen/bug spray
- ~deck of cards/reading materials
- ~items to donate to concessions
- ~food contribution for team breakfast
- ~not recommended: electronics

## Diving update:

Diving meets can vary in length depending on the size of each dive team. The order of events is: 10& u/11-12/13-14/15-18. Groups may be combined if group size merits it. However, if your diver has other commitments and cannot dive at the time their age group dives, it is difficult to have them dive with a different age group. Please plan accordingly!

For home meets, our divers need to be at the pool for warm-ups two hours prior to the start of the meet. You may want to send some snacks and drinks with your diver. During the opposing team warmups, divers are encouraged to socialize with one another! The more experienced divers can always give tips to their younger or less experienced teammates!

If you have any questions regarding the dives or procedures, please talk to one of the coaches.

## team breakfast:

Before our first home meet of the season, let's welcome back our veterans, get to know our newbies and enjoy some food WAY too early in the morning (6 am!!)

Each family is asked to bring one item. Assigned items are based on age group. Please bring food ready to serve. Remember we have 250 plus swimmers and their parents and siblings. **Coffee will be provided.**

Please bring serving utensils and all personal items. Lids should be labeled as well as the container to which they belong.

### WHAT TO BRING:

- ~8 and under and 13/14: 18 rolls, 18 bagels, 18 muffins, or a large pan of quiche
- ~9/10 and 15-18: A large fruit platter or 9 x 13 pan of breakfast casserole
- ~11/12: 16 - 100% juice boxes, pan of sausages, large pan of hash browns, or 9 x 13 pan of breakfast casserole



### CALLING ALL PARENTS!

We still have lots of volunteer spots available for the meet! Don't delay, sign up today!

### SWIM BUDDIES: NEW & IMPROVED!

This year's swim/dive buddies will focus on building a community among all the swimmers and divers by encouraging teammate interaction during meets and practices. Our older members will play a more active role cheering both our younger and new members on during meets. Community building activities and games during practices will also help create a sense of unity among our team members. This week, the various age groups will create paper chains with their personal goal for the first meet written on their individual link. The chains will be joined prior to the first meet--symbolizing the idea of team unity. Updates regarding our team building activities will appear in the newsletter throughout the season.

### things to remember:

- DO NOT PARK IN THE LIBRARY PARKING LOT! The library is open on Saturdays and their lot is reserved for library patrons only.
- DO NOT SET UP A POP UP TENT ON THE POOL DECK! It is OK to set up your pop-up tent on any part of the grassy area around the pool for which Monona is known! Our suggestion? The green grass directly north of the diving boards.
- Do not set up blankets and chairs for personal use in the area behind the starting blocks, near the tennis court fence. This area is strictly reserved for swimmers, meet officials and timers.
- Please refrain from using the bathrooms in the community center; pool bathrooms are open and available for use. The community center, while open during meets, is limited strictly to meet officials and scoring personnel.
- HANDICAPPED SPACES are for people who have handicapped parking passes only.
- NO GLASS OR CERAMIC DRINKWARE ON DECK.

### concessions:

In order to support one of our largest fundraisers, we ask that each age group bring some items to donate to the concession area.

#### PLEASE BRING:

- 8 & under: Fresh fruit (bananas, grapes, melon, mixed fruit baggies are popular)
- 9/10: baked goods (donuts, large muffins, bagels)
- 11/12: soda, Gatorade, ice
- 13/14: water, ice
- 15-18: Spaghettios

### NEW? Read this!



8 & under and 9/10 swimmers will be given cards by the coaches with their event numbers listed. Usually this will be 2 individual events and 2 relays. The event numbers correspond to races that are listed in the "heat sheet." Heat sheets are available for purchase in the concession area and are posted around the pool as 11 & up swimmers do not get event cards and should look at the heat sheets for their events.

8 & under and 9/10 swimmers must report to the Clerk of Course located by the deep end next to the tennis courts. The volunteers in this area will sort swimmers into their proper lanes, heats, etc. Swimmers should be ready to swim when they get there. Please make sure swimmers have used the restroom before their races! Make sure that boys have double tied their suits!! There is no place to put towels or clothes. Swimmers must be ON TIME or risk missing their events, which are called on the loudspeakers. There will be plenty of coaches making sure that kids get where they're supposed to be. 11 & older swimmers will report directly to their event at the right heat and lane. Timers will also double check that swimmers are in the correct spot.

For relay races, swimmers report to the Clerk of Course with their relay teammates and stick with them.

After every race get your time from the timers, and report directly to the coaches for feedback, encouragement, and advice! Race results will be posted around the pool as well as on the website (within a few days).

Please remember is that everyone is at the meet to swim and have fun. There are many awesome MO parents who will help in any way they can, just ask!