

Ridgewood - here we come!

We're headed to Ridgewood this week

We have one swim meet and **two** dive meets in the coming days. Here are the details:

Dive meet: Friday at Ridgewood. **Warm-ups at 4 p.m.; meet starts at 5 p.m.**

Swim meet: Saturday at Ridgewood. **Warm-ups at 7 a.m.; meet starts at 8 a.m.**

Dive meet: Monday vs. Middleton at Monona (re-scheduled from July 5th). **Warm-ups 3 p.m.; meet starts at 5 p.m.**

Directions to the Ridgewood pool on Madison's West Side:

<http://www.mononaswimanddive.com/directions/ridgewood/>

A word or two about our swim meet at Ridgewood...

...for those who haven't been to a meet at Ridgewood, the pool is located in a West Side Madison neighborhood. The pool parking lot is quite small, and likely to be full, so most parking will be on neighborhood streets. Please do not block home driveways when parking.

Also, MO and Ridgewood are two of the larger teams in the All City league, and Ridgewood has a six-lane pool. So this swim meet may take a while, perhaps past 1 p.m.

A few other reminders:

- All swimmers -- if they plan to participate in the meet -- need to sign up for Saturday's meet on-line (via the on-line meet sign-up sent via email), and in the sign-up book at the pool, **by Wednesday (that's TODAY!),** as well as telling coaches.
- **Please attend the meet if you signed up to do so.** Few things are more frustrating to our coaches than no-shows who don't let our coaches know ahead of time. Please make every effort to attend the meet if you signed up. If you are absolutely can't make it, call Coach Kelly at 309-264-8378.
- Please do not leave a swim meet early unless you tell your coach. **THIS IS MANDATORY!** Our coaches were forced to scramble and make lineup and relay adjustments on the fly when swimmers left our Parkcrest meet without telling coaches. This makes life difficult for our coaches – something we should strive to avoid! Thanks for your cooperation.

And a few more reminders...

- MO swimmers are reminded that they are to wear **MO swim caps** during swim meets. Not YDC caps, not BAC caps, not McFarland Spartan Sharks caps, nor those of high school or college swim

teams. If you need a MO cap, contact clothing queen Michelle Gronski at:
madlergronski@yahoo.com

- Please remember that Monona pool rules do not allow **any** glass or ceramic cups or bottles inside the pool deck area. We are guests of the pool, and pool rules expressly forbid any kind of breakable bottles or cups on the pool deck, for obvious safety reasons. Parents – if you have someone else taking your child(ren) to swim team practices, please remind them of this rule as well. Thanks for your cooperation.

A few words...

...from team co-president (and one of our hard-working meet officials!) Susan Rhude:

Officials Corner: Are you wondering why you see the officials DQ'ing so many kids - especially the littlest ones? It isn't because we are heartless or mean, but instead we are here to help both the swimmers and the coaches learn which kids need a little more help getting their stroke legal. The official's job is to make sure that everyone is swimming a legal stroke, and -- if it's not legal -- to help the coaches find out what's wrong, so it can be fixed. If you have any questions regarding your swimmer or the rules, feel free to contact any of us at the meet. We'd be happy to explain anything for you. (And thanks to those swim parents on our team who have volunteered to learn officiating; it's perhaps the most essential volunteer job on any swim team.)

Thank you for your patience with our Rain Delay on Saturday! When bad weather happens there are so many things to get done, and it takes many people to come together with a plan to proceed. Thank you to the set up crew who worked through the early morning storms! Thank you to the coaches and volunteers who showed up and helped out with anything that needed to be done. Thank you to the swimmers and families for their patience. Thank you to Jill Jokela and the rest of the scoring crew who helped rearrange swimmers into the meet as needed. In the end, we beat Parkcrest 476-421.

Things you should know regarding possible future rain/weather delays: **Your best source of current information will be the WEATHER HOTLINE - 608/335-3686.** We will also update the website as soon as we are able. We tried sending out team email messages, but based on the number of people to whom these messages are sent, they are not delivered in a timely manner, so this is not a method we will use again.

Record-breakers (round 2!)

We smashed two pool and three team records at our Parkcrest meets. At Friday's dive meet, MO 13/14 diver Henry Carmen broke a team and pool record that had stood since 1989 with a score of 255.20. Henry broke the previous record by an amazing 30 points! Then on Saturday, MO's 9/10 girl's freestyle relay team of Zaria Terry, Mary O'Malley, Sienna Shaw and Kozette Rosenthal broke a team record from 1999 and a pool record dating all the way back to 1982 – at an All City meet hosted by MO – with a time of 2:13.69. It broke the old team record by nearly seven seconds, and the pool record by nearly three seconds (in fact, the time is faster than the current All City record in the event, although All City records can only be set at the All City meet). In addition, Mary broke the team record in the 9/10 50 free with a time of 31.40 – also a record that had stood since 1999. It's Mary's third individual record of the season so far. Congrats to our record-breaking swimmers and divers!

All City...

...is just around the corner, and we have some news that impacts our team. Here it is:

- The All City dive meet will be held July 29th and 30th at the Nakoma pool. The All City swim meet will be held Aug. 1-3 at Middleton: <http://allcityswimdive.org/middleton/2013swim/index.html>
- The warm-up day for both meets will be held Sunday, July 28th, so mark your calendars now. Warm-ups are particularly important to attend; divers will get a chance to try out the boards at Nakoma, and swimmers will have their only chance to test out the Middleton pool, as there are no warm-ups the three days of the All City swim meet at the host pool (we'll have warm-ups those days at our MO pool). MO warm-up schedule for July 28th: Divers at Nakoma at 5 p.m.; swimmers at Middleton at noon. Warm-ups at both pools will last only an hour, so it's important to show up before the scheduled warm-up time to get in a full warm-up.
- MO, like all teams in the All City league, is required to provide a certain number of volunteers to help make the All City swim meet run smoothly. MO is required to provide 6 volunteers for clerk of course during the three days of the swim meet, as well as a number of timers. Watch your emails and future Lane Lines for information on how to volunteer for All City.
- If you'd like to sponsor a particular race at All City this year (which includes a "pep ad" for the meet program), click on this link (cost is \$100; proceeds help fund All City): <http://allcityswimdive.org/middleton/2013swim/files/racepepads.pdf>
- Watch for more details on the All City swim meet here: <http://allcityswimdive.org/middleton/2013swim/index.html>
- And don't forget about the All City food drive; details on how to contribute here: http://allcityswimdive.org/middleton/2013swim/all-city_food_drive.html

Additional information on the All City Food Drive from Katie Sackett's, who is coordinating our efforts this year:

SECOND HARVEST: ST. STEPHENS FOOD BANK: CHALLENGE OF THE WEEK....

Trade a day of coffee once a week to support St. Stephen's Food Pantry. Here is some simple math to consider: 6 weeks until ALL CITY X \$4 coffee = \$24 which equals 72 meals!!! Now if we can assume out of 200 families we could get 50 of you to do this that would mean \$1200 or 3600 meals! I know it is seems difficult to think about one day a week without your specialty java for the next 6 weeks up to "ALL CITY" but now think about someone in the community that can't afford food for their kids ... our luxury could be someone blessing... **PLEASE THINK ABOUT MAKING THIS PLEDGE!**

Mail checks to: Second Harvest Foodbank; Attn: Tina Statz; 2802 Dairy Dr.; Madison, WI 53718. It is **VERY IMPORTANT** to note "MONONA" in the memo line to ensure that those funds get allocated to our team total. Another way is to go visit the online donation option at <http://www.secondharvestmadison.org/Events/AllCitySwimMeet.aspx> and click on "All City Swim Meet DONATE HERE" tab to make your on-line donation. Be sure to go to the Monona donation page to process your pledge. Last year MO raised \$3991.06 (an all time high)... WE would love to see \$4200... now that would be MO MAGICAL!!! WEEKLY UPDATE: We are leading the league with \$710 pledged thus far on the website – **WAY TO GO MO!!!**

Lost suit: Anyone end up with a size 24 boy's jammer MO suit? One of our young swimmers has lost his and is wondering if someone might have mistakenly taken it from the boy's locker room. Contact Dan Groth at: dsowgroth@gmail.com

Stars of the week

Swimming

8 and unders:

Wyatt Groth and **Laila Howe:** Both competed in the IM this week, and swam great! They stayed after practice to put in extra work, are very coachable, and show a lot of enthusiasm.

9-10's:

Jonah Elfers: a ton of enthusiasm at practice and has worked very hard at every practice. He takes turns leading his lane and has been a great listener.

Girls Relay: Zaria Terry, Mary O'Malley, Sienna Shaw, and Kozette Rosenthal

For their outstanding performance in the free relay, breaking the pool, team, and all-city record.

11-12's:

Andrew Flister and **Ainsley Parvin:** : very dedicated swimmers at practices and fierce competitors at the meets.

13-14's

Ben McDade: an outstanding work ethic at practice...always does what the coaches ask him to do and has been an impactful swimmer at the meets.

Annika Heyworth: a standout in her age group during swim meets...always asks how to improve.

15-18's

Tyler Roehr: a great lane leader at practice and an inspiration to others at meets.

Alyssa Roehr: one of the hardest workers at practice and always has a positive attitude.

Diving

10&Us: **Kailyn Byrn** had an outstanding performance in her first dive meet ever with a 3rd place finish. **Trevor Delaney** had an awesome dive meet, a great smile and a fun attitude all week.

11/12s: **Rachel Ramsey** and **Nikki Benedict** had a 1-2 finish for MO; great attitude and amazing smiles! **Brendan Thompson** and **Noah Ehrlinger** had top 3 finishes with great diving!

13/14s: **Henry Carmen** set a new team record of 255.20 – amazing performance!

15/18s: **Noah Kunde, Oliver Soler** and **Tyler Chlebowski** all learned reverse dives for the meet and dove amazingly! **Gina Jacobson**, after a long hiatus, dove great and kept a smile on the entire week!

