

# Dolphins Attack! Let's show West Side who swims and dives best this week!

We host our first swim and dive meets of the season this week against the West Side Dolphins. Here are the details:

**DIVERS: Dive meet warm-ups start at 3 p.m. Friday. Dive meet starts at 5 p.m.**

## **SWIMMERS:**

- **6:30 am -- Report to the pool Saturday for warm-ups.**
- **7:45 am -- 8 & under, as well as 9-10 age-group swimmers, report to clerk of course for medley relays**
- **8 am -- Meet starts.**

A reminder from Coach Emily: All swimmers **by Wednesday** need to sign up for Saturday's meet in the daily attendance book, **AND** tell their coaches, if they plan to participate in the meet. Here's why: Because of the size of summer swim meets, our coaches need to do their computer entries by Thursday, and need another day before that to organize all the entries and relays. So that's why we have a Wednesday deadline for swimmers to sign up for meets. Last week saw some swimmers wait until Friday to sign up for the meet – that's too late! So please indicate by Wednesday whether you plan to swim in the meet. This is for **all** meets this season.

Also, one more reminder from Coach Emily: **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 Emily at 279-0726.

## **Team breakfast details:**

All swim & dive team members, families, and coaches are invited to attend the pre-meet breakfast on Saturday.

Each family is requested to bring one item (based on the age group of your swimmer, see below). The quantity should be 1-1/2 dozen rolls or muffins, a 9 x 13 pan of coffee cake, a large pan of baked quiche or breakfast casserole, juice boxes, or a fruit platter. Please bring food ready to serve and please label your dishes so we can get them back to you. Remember we have 250-plus swimmers, along with parents and siblings, so the more food the better! Coffee will be provided.

**We also need a number of volunteers** to help make this event happen. If you're able to help set up, serve or clean up, please contact Alisa Robertson ([alisa.a.robertson@gmail.com](mailto:alisa.a.robertson@gmail.com)) or Jessi Feit ([jessifeiter@yahoo.com](mailto:jessifeiter@yahoo.com))

What to bring for the breakfast:

**8 & under** and **13/14**: Rolls, bagels, muffins, or quiche

**9/10** and **15/18**: Fruit platters and breakfast casserole

**11/12**: 100% juice boxes, sausages, hash browns or breakfast casserole

## **First meet of the season – all hands on deck**

Our first **dive meet** is on Friday. Parents of divers – Please remember that it is your responsibility to run the dive meet on Friday – not the dive coaches. The dive coaches are there to coach and judge the divers. Parents of divers – please report to the dive meet no later than 4 p.m. so we have plenty of time help with set-up, scoring, awards, and clean-up. No experience necessary; we'll train on the spot. All parents of divers are expected to take part in running the meet. This includes set-up and take down after the meet. We need as many parents as possible to stay after the meet to take down everything, and clean up. Getting the diving area back to normal operations is even more urgent on Fridays than on Saturdays -- the pool is often open for public swim before our dive meets are over, and we'd like to monopolize the diving well and the deck space for as little time as possible once public swimming begins at 6:30 p.m. That means we need people willing to put away chairs, the awning, the sound system, and tidy the place up. Remember, our ability to continue using a public pool for our club depends on our collective efforts to make sure we clean up after ourselves. Thanks for your help and cooperation!

**Parents of swimmers** – You, too! The Monona Swim and Dive Club is an all-volunteer organization; the only folks getting paid are our hard-working coaches. So we need your help in running our swim meets. We have just three home meets this year, and Monona is known throughout the All-City League for running some of the most efficient meets around – so we want to keep it that way! Besides, it's a good way to work on that summer tan. (And we don't have another home meet until mid- July, so everyone gets a big break after this weekend's meet.)

Areas most in need of helping hands on Saturday:

- **Timers** (we need about 25; head timer Brian Storms, a healthy guy, is not averse to physically pulling people out of the crowd)
- **Concessions workers** (about a dozen needed here – see concessions queen Sue Besler, and she'll put your talents to good use)
- **Set-up and tear-down** (strong, good-looking, above-average people – those willing to move a bunch of chairs and even a couple sets of bleachers, before and after the meet. Set-up begins no later than 6 a.m.; 5:30 a.m. is even better. Yes, we know that's early, but think of it this way – what better way to watch a Monona sunrise?)
- **Clerk of course** (sort of like being a kindergarten teacher, but not as stressful; see Sue McDade)
- Finally, **help us clean up**. Because West Side isn't a large team, we should have no problem getting out of the pool area by 1 p.m. We **MUST** give the pool back to the city by 1 p.m. (earlier if possible). We need EVERY FAMILY to stay a few minutes to help with clean-up. We cannot stress enough how important this is; the more people who show up, the faster it will go.

**Thanks in advance for all of your help for both the swim and dive meets!**

**Get your T-shirts:** If your swimmer or diver has not yet picked up their "I am a MO-gician" t-shirt that was free with registration, please have them see their coach. They can be picked up during any practice!

**Pizza Party:** A reminder that our team Pizza Party is **Saturday from 6:30 – 8:30 PM** at the Monona Pool. The event is open to all Monona Swim and Dive Club members and their families. Cost is \$3/person and includes pizza and lemonade. Everyone is welcome to bring rafts, noodles, toys, and other floatables. Please remind them to bring sunscreen, towels, and insect repellent!

**All City fund-raising news – help stamp our hunger:** The primary fund-raising effort of the annual All City swim and dive meets is local food banks. This year, the Ruhde family for MO (Dad David, Mom Susan, swimmers Noah and Margreta) have volunteered to head up our MO team effort for this worthy cause. A big thanks to the Ruhde's! Here's some news from Susan: Every year the All City swim and dive teams donate to Second Harvest Foodbank. In the past we have competed pool vs. pool, but this year instead of competing against one another, we will be working together to "fill the pool" - with teams trying to donate enough food and/or money to fill up the Hawk's Landing Pool. There will be many opportunities to contribute to Second Harvest over the course of the summer: the proceeds of the donations for the Potato Party, direct monetary donations, and dropping off canned goods and other products at the pool. We have a barrel which will be out on Saturday at our home meet, along with donation jars which will be at concessions during all home meets as well. If each MO family gave \$20 over the course of the summer we would be making an amazing contribution. A \$1 dollar donation is the equivalent to 3 meals so a little can really go along way. Please think about ways your family can contribute to this worthy cause. If you have any questions please contact Susan Ruhde ([susanruhde@gmail.com](mailto:susanruhde@gmail.com)) Thank you so much.

**More All City news:** A report from Coach Emily on news from the All City meet front, which this year is scheduled for July 30 and 31 (dive, at Middleton) and Aug. 2-4 (swim, at Hawks Landing):

- 1.) **Clothing pre-orders** for All-City are due July 15th, and if you order by then, you will receive the apparel with the Monona logo (only for sweatshirts and t-shirts). The orders can be placed at the All-City Meet website under "clothing" or at [www.MiddletonSports.com](http://www.MiddletonSports.com) under the Team Apparel Link.
- 2.) Look for information on the **City-Wide Pool Party** to be coming out soon. All teams from the All-City League will be invited to attend this pool party. It's \$10 entry fee and the money goes to the Shelley Glover Foundation (we think).
- 3.) **Senior swimmers** need to fill out their biography on the All-City website by July 15th.
- 4.) **All-City warm-ups** for swimmers are at 1pm Sunday, July 29th for Monona.
- 5.) **Clerk of Course has changed for the older kids.** JUST ON THURSDAY 13 & ups need to check-in to clerk-of-course for their event, but don't need to be seated. They are responsible to get themselves to their block once they are in the tent. IT GOES BACK TO TRADITIONAL All-City clerk-of-course on Saturday (they will be seated).
- 6.) There is a new website, so check it out! [www.allcityswimdive.org](http://www.allcityswimdive.org) Links to both the All City dive and swim meets can be found there.

**News on clothing:** You may have noticed a "mark-up" on your clothing or team suit orders. Here's why: MO is an all-volunteer organization, and unlike some other teams in the All City League, we receive no subsidy from the city of Monona. We have to figure out how to pay for our costs – coaches we hire, pool rental fees to the city of Monona, and a few additional expenses such as supplies – on our own. Of course, swimmer and diver fees make up a large share of our revenue, but we also try very hard to keep those fees as reasonable as possible. So we do lots of other things – sell concessions at home meets,

offer team clothing and suits with a moderate mark-up, hold fund-raising social events during the season – to help defray our costs and keep those fees as reasonable as possible. Without your help, our MO team wouldn't be what it is – a great experience for hundreds of kids every summer. So thanks for your support in so many ways for MO! (Also, we'll have clothing orders available at the meet Saturday if you haven't picked them up yet.)

## **Stars of the week**

### **8 & Unders:**

**Simon Kuhlow:** Simon is receiving swimmer of the week for stepping it up for the team. Simon swam with the 9-10 boys relay this week when we needed him, so three other 9-10 boys could swim! He also has put 100% effort into practices and does everything the coaches ask of him with a smile!

**Lexie Genneman:** Lexi has been working very hard at practices these past few weeks and swam well at the meet on Saturday. Lexi cheered on her younger sister at the meet, while helping her get to her relays and events. It was wonderful to have a positive, helpful swimmer. Thanks, Lexi! Keep it up!

### **11-12s:**

**Mae Jaeger** - Mae has been working really hard in practice, and is always willing to serve as a leader in her lane. She also had a great meet on Saturday and stepped it up on the A relay! Way to go, Mae!

**Ben Kimmell** - Ben had a stellar performance at the meet this weekend, dropping almost 10 seconds in his 50 free! He has also made the effort to move up to lane 2 and has been working really hard to improve his flip turns. Keep up the good work, Ben!

### **13-14:**

**Jordan Farwell**- He has earned his star of the week title from the first day of practice. He has become a junior junior coach for the 11-12, 9 & 10, and 8 & under morning practice by helping out coaches. He even tried to teach one of our 8 & unders how to do breaststroke along with his wingman, Lars Doll. Not only does Jordan help out around the deck outside of practice, but he also has a positive, contagious attitude that makes him wonderful to be around!

**Halley Parvin**- Haley has been a silent leader for us coaches this summer. She has been a quiet leader of her lane and does whatever the coaches ask of her. She never complains and always does the workout to the best of her ability. Thanks, haley! Keep it up!

### **15-18:**

**Brandon Powell**- Brandon is a new swimmer for MO, but has been a great addition! Brandon has been a positive contributor to his lane and has been giving his all in practices. Brandon also finished his first meet, and did it with a smile. We are thoroughly enjoying his smile, positive attitude, and speed! Keep it up, Brandon!

**Mary Katherine Ottelein**-Mary has been a a pleasure to coach this summer. She has been a hardworker who steps it up for the coaches when we are in need. Throughout every practice she has been a reliable leader and always finishes the sets and does what is asked. Thanks, Mary! Keep it up!

## **Diving**

The stars of the week are **Kylie Reuter, Karileigh Schoenicke, Nikki Benedict, and Henry Carman** for competing in their very first diving meet as a MO Magician! They all dove like stars and are proving to be a wonderful addition to the Monona Diving Team! Way to go divers!

**Nicco Baranski** is also a star this week for winning his first meet of the season with a failed dive! It takes a lot of effort and focus to come back from such a setback, but Nicco easily did it last weekend. We are proud of you Nicco!

(By the way, our divers beat Middleton – which finished ahead of MO last year at the All City dive meet – 62-60!)