

MO's last home meets of the season – let's show Seminole our best!

We're hosting Seminole this week – diving Friday and swimming Saturday.

- **Dive meet Friday AT home. Warm-ups at 3 p.m. Dive meet starts at 5 p.m.**
- **Swim meet Saturday AT home. Warm-ups at 6:30 a.m. Swim meet starts promptly at 8 a.m.**

First things first...

- **Divers:** We'll take our team dive picture at **3 p.m. Friday** right before warm-ups. **Parents:** We'll need folks to help take down equipment and get pool furniture back in place at the end of the dive meet. We'll also need a few dive parents to help run the meet itself.

On to the swim meet...

Here's what we need for our last home swim meet of the season:

SET-UP and TAKE-DOWN – We've had lots of folks help out with early-morning set-up and take-down at the end of the meet. On the front end, 6 a.m. is the usual time for reporting for set-up. And we'll need to return the pool to the city of Monona by 1 p.m., so we'll need help when the meet ends as well. Plus we'll need to move bleachers in and out of the pool.

TIMERS – This is our biggest need of the meet, in terms of personnel – roughly 30-40 timers throughout the meet, with some of those timers taking over halfway through the meet.

CLERK of COURSE – We'll need about a dozen folks to help out.

CONCESSIONS – We'll be selling the best brats in the league again, plus lots of other goodies.

SCORING – We're actually short some of our usual scoring staff this week, so if you want to learn how the meet is scored, join the scoring crew in the air-conditioned comfort of the Monona Community Center.

Also a reminder: We will honor MO senior swimmers participating in their last home meet of their MO careers at 7:45 a.m. on the diving boards Saturday.

Concessions needs your help...

All swim families are also asked to bring a contribution for the Snack Bar. Here's what Concessions Queen Sue Besler is looking for:

- **8/U: Spaghetti-O's**
- **9-10s: fresh fruit (individual servings - grapes, cherries, berries, melon chunks - in cups sell the best). Bananas sell better than apples;**
- **11-12s: bagels and cream cheese;**
- **13-14s: drinks (soda pop and Gatorade)**
- **15&ups: ICE!**

Also, we could use any and all coolers for storing our cold drinks during the meet.

No library parking

A reminder – please avoid parking in the Monona Community Library parking lot this Saturday morning. We've already emailed the folks at Ridgewood, asking them to avoid it, and we need to do our part to leave the small library lot to the library's Saturday morning patrons. Thanks for your help and understanding.

Don't forget about this Sunday and All City warm-ups...

The Sunday before All City week (July 29th) is set aside for warm-ups at the host pools. Here's our schedule:

- Dive warm-ups at Middleton: **10:40 a.m.-11:45 a.m.** Directions to Middleton here: <http://www.mononaswimanddive.com/directions/middleton/>
- Swim warm-ups at Hawks Landing: **1 p.m.-1:55 p.m.** Directions to Hawks Landing here: <http://www.mononaswimanddive.com/directions/hawks-landing/>
- Please plan to arrive several minutes early for the warm-ups; because swim and dive warm-ups run all day, for all teams in the All City league, the warm-up schedule is tight and run on schedule. We will only have our allotted time in the pool at each site, so please do not arrive late. If you are participating in both the dive and swim meets, plan to head directly from Middleton to Hawks Landing.
- Please plan to attend these warm-ups if you are swimming or diving at All City. For swimmers, it will be the only opportunity before the meet to check out the Hawks pool, take some starts off the blocks, and count your strokes from the flags to the walls (for all you backstrokers). Remember – there are no warm-ups at the Hawks pool during the three days of All City. For divers, it will be your best chance to get in a full-scale warm-up on the Middleton boards.
- Also, particularly as it applies to Hawks Landing, it's not a bad idea to arrive early or stay a bit late to familiarize yourself with the All City grounds. The Hawks site is not exactly compact – the area for Clerk of Course, for instance, is a hefty walk from Tent City. So it may be worthwhile to spend some time on site before or after warm-ups.

Deadline for All City entries is TODAY!

The orange sign-up forms for the All City swim meet are due in Coach Emily's folder TODAY (Wednesday). That's a **firm** deadline – if forms are received after today, swimmers risk not being able to participate in All City. Please also remember that if you plan to swim at All City, our coaches need your commitment to swim at the meet. And one more reminder – if you have participated in only two swim

or dive meets this season, you MUST participate in our home meet against Seminole to be eligible to take part in the All City meets (league rules require a minimum of three regular-season meets to participate in All City).

All City Dive at Middleton this Monday and Tuesday

The All City dive meet begins Monday at Middleton and runs for two days. Here is the All City Dive meet website: <http://allcityswimdive.org/middleton/index.php>

Here's a link to the tentative schedule; please remember these event times are tentative and likely to change, depending on how many divers enter each event, the timing of the meet, and other factors such as weather: <http://allcityswimdive.org/middleton/results.php>

Good luck to all of our divers on continuing their great season!

Banner parties are here!

Each year, swimmers in their age groups paint banners for display at the All City swim and dive meets. Food and treats will be provided! Here's the schedule for this year's banner parties.

Divers: Following dive meet warm-ups this Friday, July 27th, at the pool at 4 p.m.

8 and unders: July 30th (Monday) following morning practice at 9:30 a.m. Also, the Kuzma family will host the 8/U banner party for afternoon 8/U swimmers July 31st (Tuesday) following afternoon practice.

9/10s: July 30th (Monday) following morning practice at 9:45 a.m.

11/12s: July 31st (Tuesday) at 5:30 p.m. at the Winnequah Dream Park -- across from the pool bathhouse.

13/14s: July 27th (Friday) following practice at 8:30 a.m. at the Winnequah Park Gazebo – directly across from the bathhouse.

Banquet forms due

Don't forget to set aside **Sunday, Aug. 5th** (the day after the All City swim meet) for our **team banquet** at Fireman's Park at noon, where we honor many swimmers and divers (and parents) with our team and special awards. Banquet forms were sent out in an email earlier this season and were put in all family folders in the team mailbox cart at the pool. They are **due July 30th** with payment so we can get an accurate count for our food vendor. If you need a form, feel free to email the Lane Lines editor at wimcdade@tds.net and we can send one via email.

Gift cards for coaches

As the season winds down, we'd like to make a big push for donating a gift card or two for our coaches. For several years, we've had a tradition of donating gift cards to our coaches as a gesture of appreciation for all of the hard work they put into working with our swimmers and divers during the season. Please consider offering a gift card (or cards!) as a small token of your appreciation on behalf of all that our

coaches do. You can put them in the clear envelope in the McDade mail folder. Or, if you simply want to donate cash, we'll buy the cards for the coaches. Wondering what to buy? Glad you asked – PDQ or Kwik Trip (gas for cars), sandwich or burger shops of any kind (Cousins or Subway, Culver's or Red Robin), any coffee establishment (chains such as Starbuck's or Caribou are good, as they travel with coaches as they prepare to head off to college or jobs), even Target or Best Buy. Thanks for your support of our coaches!

All City Food Drive for Second Harvest and the St. Stephen's Food Bank

Just a reminder that as the All City Meet nears, the Second Harvest Food Drive is wrapping up. As of July 23rd the total meals raised is 86,755 - not even halfway to the all teams goal of 180,000 meals. I am thrilled with how generous our Monona families have been, but if anyone out there can still find a way to give, now is the time. If you've been thinking about it please don't delay any longer. **There are still several ways to give:** You can donate at the last home meet on Saturday - we have cash jars at concessions during the meet and you can deposit checks or cash. You can slip a check into the Ruhde family folder at the pool and we will deliver it to Second Harvest for you. (They will mail you a receipt for tax purposes!) Or you can go online and donate at <https://give.secondharvestmadison.org/allcity> or <http://hawksfly.com/allcity/foodfund-drive> The deadline for donations is August 4th so hurry and give before time is up!

Records continue to fall

Three more team records fell Saturday at our meet against Parkcrest. The 11-12 boys 200 medley relay of Eric Storms, Bronz Geissler, Rees Kyle, and Shane Sackett set a team record for the second week in a row with a time of 2:13.74; the 11-12 boys 200 free relay of Eric Storms, Rees Kyle, Ben McDade and Shane Sackett set a team record for the third time this season with a time of 1:59.34; and Eric Storms set a team record in the 11-12 boys 50 breaststroke with a time of 37.26, breaking a record that had stood since 1985. Congratulations to our record-breaking swimmers!

Dive stars of the week

Noah Wilk is a star because he tries his best every day no matter and is constantly working to get better! Noah you are such a hard worker and an inspiration to many!

Isabelle Uttech and **Miranda Keating** are also stars this week because they dove extremely well at the Parkcrest meet. MO is getting better every competition!

Swim stars of the week

8 and unders

The Dynamic Duo

Patrick Clark-Patrick has been working hard all year on his strokes, and his effort is paying off. Patrick had a great meet against Parkcrest and we are proud of his hard work! Way to go, Patrick! Keep it up heading into All City!

Mary Clark-Mary swam super fast this weekend against Parkcrest, and it's due to her hard work and positive attitude in practice! Mary is always working hard and keeping a positive attitude, and we couldn't be more proud! Congrats, Mary!

9-10s

Emmery Korfmacher: She had an outstanding showing at the meet on Saturday and has stepped it up in the back and fly.

Quinn Senke: He has been working hard to improve his dive and technique. With his dedication he dropped time and had a great meet on Saturday.

11-12s

Celia Luner- Celia showed a lot of heart and selflessness this week at the Parkcrest swim meet. She had woken up with a minor but painful back injury but still managed to swim all of her individual and relay events. That kind of a will to compete and win can be contagious. Thanks Celia!

Shane Sackett - After a slow start to the summer due to an injury, Shane has bounced back in both practice and at meets. He pushes himself in practice, always trying to be in the front of the lane. At meets he has been a lot of fun to watch as he tries to take down Coach Aaron's 50 free record. Shane is always there with a smile and a great attitude. And he has one last chance at the 11-12 50 free record this weekend against Seminole.

13-14s

Grace Storms & Jennifer Keller-These two stay after practice every day and help out with the 11-12s and help the coaches out whenever needed. They go above and beyond any expectations the coaches have, and work hard EVERY SINGLE DAY in practice. These two deserve it! WAY TO GO, GIRLS!

Erik Doll-Erik has really stepped it up for the team this year. He has had to change his events numerous times in order for us to score well against another team, and we couldn't be more thankful. Erik also stays after practice and helps out with the coaches. He's a marvelous volunteer and we appreciate it!

15-18s

Michael Wanke- Michael showed true character during the Parkcrest meet when he was in a heat all by himself. The longest and toughest event the All-City league has to offer is the 200 IM and Michael had a great swim while all eyes were on him and him alone. Your average swimmer might have mailed it in and given a half hearted effort, but Michael showed everyone why he is the Star of the Week and why Monona has the best 15-18 boys in the entire city