

READY FOR RIDGEWOOD? LET'S GO MO!

We're off to Ridgewood this week; click on the Ridgewood tab on the MO website (<http://www.mononaswimanddive.com/>) or follow this link for directions on how to get to the Ridgewood pool on the west side of Madison: (<http://www.mononaswimanddive.com/directions/ridgewood/>)

Dive team: Warm-ups at 4 p.m.; dive meet begins at 5 p.m. Friday

Swim team: Warm-ups at 7 a.m.; meet begins at 8 a.m. Saturday

Parking is very limited in the small Ridgewood pool parking lot, but there is ample on-street parking in the neighborhood immediately near the pool. Ridgewood is a distinctly neighborhood pool, so we'd ask those arriving early Saturday morning to be conscious of those who live in the area and don't see the need to get up at the break of dawn every Saturday! Also, please be careful and avoid blocking driveways. The Ridgewood pool itself has some decent deck space, and ample spots for pitching a tent or awning on their nicely shaded lawn area. But expect another long meet; Ridgewood and Monona are two of the largest teams in the league, and Ridgewood has just a six-lane pool, so the meet will almost certainly run past noon.

Seminole results

It was a close meet for much of the way, but the swim team came out on the short end of its meet Saturday against Seminole by a score of 519-469. But the Monona divers picked up their second win of the season with a close 54-50 win at the Seminole pool Friday. Full results are posted on the MO website on the "practices and meets" tab: <http://www.mononaswimanddive.com/practices-meets/>

Highlighting the swim performance for the Monona swimmers against Seminole was a record-breaking backstroke race by **8-year-old Mary O'Malley**. She broke a Seminole pool record in the 25-meter (make that 26.5 meter) backstroke that dated all the way back to 1995 in winning the race in 22.38 seconds.

Pizza Party time!

Our team's annual **Pizza and Pool Party** will be held Saturday, June 25th, from 6:30-9 PM at our home pool. Admission is \$3 per person. You must pay to get in even if you are not planning on swimming. We will enter the pool through the concessions area, located by the tennis courts. There will be pizza and juice for all. Feel free to bring brothers and sisters, but please do not invite friends who are not on the team. Floatable rafts will be allowed. The early forecast looks good, but if the weather is questionable, please check the weather line for up-to date information.

Eat for your team

MO Pizza Oven night! Next Wednesday, June 29th, 4pm-10pm at Pizza Oven, Monona Drive. Join other MO families and friends while you eat pizza, relax and all the while MO swim and dive receives 10% of all sales! (And thanks to everyone who made our first Eat for Your Team event – at the Cottage Grove Road Culver's Tuesday – such a great success!)

Change in time for West Side swim meet

West Side has asked, and we agreed, to change the start time of our swim meet against them on Thursday, June 30th. We'll start the meet at 4:30 p.m. instead of 4 p.m. Parking at the West Side pool is extremely limited, and the West Side folks say pushing back the start time of the swim meet should allow for more parking in the area. Next week's special early edition of Lane Lines will provide some tips on where (and where not to!) park for our Thursday swim meet, as well as warm-up report times.

Get your clothing here

Please contact Michelle Adler Gronski to make arrangements to pick up your clothing orders - email: madlergronski@yahoo.com or h#:222-7284. For those who missed the clothing order deadlines but wish to get MO clothing, please contact Middleton Fitness at 836-3931 for options. Swim caps are also still available to purchase through Michelle: latex \$7 and silicone (back-ordered and available in a couple weeks) \$12.

In addition, we have some extra "Mo the Magician" shirts for sale for the low price of \$6; contact Michelle if you'd like one, and we may even have some for sale at our next home meet on July 9th.

Senior swimmers – bring those shoes!

Older (well, 13/14s and 15/18s) swimmers – Coach Emily says please remember to bring your tennis and/or athletic shoes to practice, as there will be mornings when the coaches will want to do some dry-land practicing. Thanks!

Big changes in store for this year's All City swim meet

Now is a good time to outline some significant changes to the All City Swim Meet this year. The meet will be held at Parkcrest July 28-30 (Thursday through Saturday), one of several six-lane pools in the All City League. The meet is run in a prelims-finals format for all individual events – all swimmers can swim two individual events on the day of preliminaries, and then the fastest qualifying swimmers in those events participate in the championship finals on Saturday.

At past All City Swim meets, only two heats of qualifiers would make it out of the preliminary races into finals on Saturday. That meant – when the All City meet has been held in a six-lane pool – only 12 swimmers would qualify for the finals on Saturday. This year, however, the All City powers-that-be decided that three heats of qualifiers in all age groups will move from the preliminary rounds into the finals on Saturday. That's the good news – all individual events will have 18 qualifiers for Saturday's finals (scoring will remain the same, with points and ribbons awarded for 1st-through-16th place.)

But, it also makes for a much longer day on Saturday, because the number of championship heats will increase this year from two to three heats. So, to compensate, the All City powers-that-be decreed that all 8-and-under relays – normally held on Saturday – will move to Friday (the day of preliminary races for both 8-and-unders and 9/10 swimmers).

So here's the upshot – the changes will result in a much-longer day for 8-and-under swimmers on Friday (by the same token, it will make for a much shorter day for those 8-and-under swimmers on Saturday who have qualified for individual event finals). 8 and under swimmers will potentially be swimming four events on that Friday – two prelims races in individual events, and two relays. PARENTS OF 8-AND-

UNDER SWIMMERS – it's not too early to begin thinking about participating in the All City meet. We certainly encourage all swimmers to take part in this fun-filled meet, one of the largest in the country. But we also understand that it can be a bit overwhelming for very young swimmers, and the changes in the meet format will make Friday's session for 8/U swimmers much longer. Feel free to talk it over with your child's coaches and experienced parents about the All City meet.

In other All City news:

- It's also not too early to think about volunteering to be a timer for the All City Swim meet. All teams in the All City league are required to provide timers for each shift of the All City swim meet. It's a long, three-day meet, with morning and afternoon sessions, and the host club (because of the demands of putting on such a large meet) doesn't provide any timers for the meet. So please think about volunteering for this important function in making the All City meet a success. We'll have more details in coming newsletters, including details on how you can volunteer to time.
- Keep checking the All City swim (<http://allcity2011.parkcrestpool.org/>) and dive meet websites (<http://www.allcityswim.org/AllCity2011/SWDive2011/index.php>) for updates as those meets approach. For instance, the All City swim meet site has some details on tent locations, pool layout and traffic flow for the meet. Keep checking back for details on things like the ever-popular All City clothing and meet timelines.
- Senior swimmers – If you will be participating in your last All City meet this year, please submit your information for the Senior Recognition ceremonies at the All City swim meet Saturday. Parkcrest has made it easy to do so – simply go to the link on the All City website and fill in the information. Also be prepared to send them a photo attachment:
<http://allcity2011.parkcrestpool.org/seniors>
- One more reminder about those All City meet minimums – league rules require all swimmers and divers to participate in a minimum of three meets to be eligible to take part in the big All City meet. Coaches urge all swimmers and divers to get in their three meets before the last meet of the season – at home against Parkcrest – in case that meet is cancelled due to weather.
- And don't forget the All City food drive – details here:
<http://allcity2011.parkcrestpool.org/giving>

Remember our coaches with a card

Also, another reminder to start saving (or buying) gift cards for our coaches. Nearly all of our coaches are college students, or about to become one. Many work more than one job during the summer – beyond their coaching duties – to help defray college expenses. And they spend lots of time with your children, helping them enjoy and improve in the sport of swimming. So think about making a small contribution in the form of a gift card as a way of saying thanks to our coaches.

Stars of the week

Diving:

10/U:

Rachel Ramsey- Rachel has only been practicing for a week, and already has all of her dives for competition! She is learning so fast! Great work Rachel!

11-12:

Celia Ramsey- After only practicing for a week, and bouncing back from an injury Celia learned the back flip, and front one and half! Her dives look fantastic!

Shane Sackett- Shane learned a reverse dive this week, and it jumped so high! His hurdles are looking great, and he even jumped up a front one and a half!

13-14:

Nicco Baranski- Nicco is a star for having one of his best workouts ever this week! Keep those up buddy!

Swimming**8 & Unders**

Zaria Terry: Zaria stepped it up for her team this weekend when she swam in the older kids' relay because of a no-show! She went straight from one relay to the next and was eager to do it! She has also been working very hard in practice and we couldn't appreciate her enthusiasm more!

Owen Groth: Owen has been working very hard on his breaststroke this season and pulled through for his team on the 8 & Under Medley relay swimming it legally! He has asked continuously how to change his stroke and better his technique and we love it! Keep it up, Owen!

9-10:

Sam Gronski- Sam is always working hard in practice and has a positive attitude. He has also been a tremendous help to the coaches by staying after and picking up kick boards, as well as taking out the flag poles! Thanks for being such a great helper, Sam! Keep it up!

Kylie Cook- Kylie has had a great start to the season & is always looking to improve! Every practice she helps the coaches out by putting in the flag poles and lane lines! Thanks for all of the hard work and help, Kylie! The coaches appreciate it!

11-12:

Fiona Smith - Fiona worked super hard on her butterfly this week and even swam it in the medley relay! She comes to practice ready to get better and work hard, and we appreciate all her effort. Great job Fiona, you rock!

Andre Dyslin - Andre really helped out at the meet by explaining the heat sheet to some first year swimmers. He is a funny guy who always cracks the coaches up and we are just delighted to have him in our age group this year! Also Andre stepped it up and swam some great butterfly on the medley relay, so keep up the awesome work Andre!

13-14

Haley Parvin: With all of the distractions that come with packed lanes, Haley seems to always swim through them. Everytime we ask her to lead a lane and keep her lane on track, she always pulls through for us! Thanks for all the hard work, Haley!

Jordan Farwell: Jordan is always coming to practice with a smile on his face and a positive attitude!! He is always leading the lane with Lars and they push each other to become better! Keep it up, Jordan!

15-18

Kelsey Millin: Although Kelsey hasn't been in the pool as much as her coaches would like, she has stepped up to the plate for the team! Kelsey has been volunteering to help out the coaching staff with the 8 & under swimmers, while some couldn't be here!! Thanks for the help, Kels! The team truly appreciates it!

Jacob Ottelien: Jacob is a member of our Junior coaching staff and has been a tremendous role model for the younger kids as well as his age group! He continues to work hard and lead the lanes and keep the kids in order, as he knows it is difficult sometimes to keep everyone's attention spans! Thank you, Jacob! We appreciate it!