

# ALL CITY SWIM IS HERE – GET OUT YOUR GOOD GOGGLES!

It's time for the All City Swim Meet – the greatest show on Earth (or at least in Madison this month!). This year's meet will be held at the Parkcrest pool; here are the important details:

- **Thursday is prelims day for 11-12s, 13-14s, and 15-18s, starting at 8 a.m.**
- **Friday is prelims day for 8 & unders and 9-10s, also at 8 a.m.**
- **ALL 8 & U RELAYS WILL ALSO BE HELD ON FRIDAY!**
- **Finals for all age groups (including 8/U's) and all relays for 9-10s, 11-12s, 13-14s, and 15-18s are held on Saturday, starting at 8 a.m.**

But before heading out to the pool, we'll do warm-ups at our Monona pool. There are no warm-ups at the Parkcrest pool! Warm-up schedule:

**THURSDAY: 11-12s, 13-14 AND 15-18s:  
WARM-UPS AT 6 A.M. AT THE MONONA POOL**

**FRIDAY: 8&UNDERS AND 9-10s:  
WARM-UPS AT 6 A.M. AT THE MONONA POOL**

**SATURDAY: EVERYBODY!  
WARM-UPS AT 6 A.M. AT THE MONONA POOL**

This year's All City Swim Meet is at Parkcrest, on the west side of Madison just north of Madison Memorial High School; map and directions here:

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

and here's the Parkcrest All City Swim Meet website:

<http://allcity2011.parkcrestpool.org/>

**Other important and assorted odds and ends...**

- Please remember to attend our team's **annual banquet**, where we'll eat good food, share some fun stories, and recognize our team's many annual award winners. It kicks off at **noon at Fireman's Park in Monona Sunday** (across the softball field from the deep end of the Monona pool). Details here: <http://www.mononaswimanddive.com/social-events/annual-banquet-picnic/>
- Also, one final reminder about **gift cards for our coaches**. Gift cards are very much appreciated by our coaches; suggested cards might be: Target or similar store; any coffee shop; PDQ or Kwik Trip (for gas); fast-food or sandwich-oriented restaurants. In lieu of a card, you may make a cash donation and we'll purchase them, but those cash donations need to be made sooner than later (cards can be donated during the All City meets, but cash donations should probably be made before All City swim starts). There is a gift card plastic folder in the front of the team mailbox, usually in the registrar's folder. Thanks for your help in recognizing the hard work of our coaches, and thanks to those who have already donated cards.
- The **post-meet Saturday get-together** this year will be held at the St. Dennis Festival, on Madison's East Side (409 Dempsey Road, just north of Cottage Grove Road). The festival features a beer tent and lots of good food, with several of our MO team parents helping to organize; details here: <http://www.st-dennis.org/festival2011.asp>

## On to All City Swim!

# Do NOT SKIP WARM-UPS UNLESS. . .

You have notified Coach Emily first!

All swimmers who will be swimming Thursday, Friday and/or Saturday **MUST** either warm-up at the Monona pool OR notify Coach Emily about not warming up. **This is for all age groups; no exceptions.**

Warm-ups run from 6 a.m.-6:45 a.m. Thursday, Friday and Saturday at our pool. There will be no warm-ups at the Parkcrest pool for any of the three days of All-City. If you are swimming free or back on Thursday or Friday and a medley relay on Saturday, plan on leaving directly for Parkcrest after warm-ups.

There are swimmers for whom NOT warming up makes sense. If, for example, you are scheduled to swim in only the afternoon events Thursday or Friday, it may not make much sense to warm-up at 6 a.m. if your first race isn't until the afternoon. If you choose not to warm-up, that's OK with Coach Emily, but telling her is **MANDATORY**. Either in person, a note in her mailbox, or emailing at [BOWENEC@uwec.edu](mailto:BOWENEC@uwec.edu) is fine.

Here's the reason for the mandatory warm-up/notification procedure. The All City swim meet is a very busy time for our coaches, much busier than a dual meet. They are trying to make sure swimmers get to their races on time, track how well our swimmers swim, and do some actual coaching. It's very difficult for them to track down swimmers as they might during a dual meet. So our coaches need to know that swimmers are there, at the meet. In particular, it's crucial at the All City meet because it can be difficult to have a late-arriving swimmer checked into the clerk-of-course area at the meet.

**If you have signed up to swim for All City (and this applies to both prelims and finals on Saturday), please make every effort to swim. If for some reason – sickness, family emergency – you can't make it, please call Coach Emily at 279-0726. But – please – make every effort to swim at the meet.**

**Late-breaking news from Parkcrest:** All City meet organizers have said they will have the pool's diving well – located between clerk of course and the competition pool -- open during the meet for warm-ups and cool-downs for **11-12, 13-14, and 15-18 swimmers only**. Two provisos: The diving pool is strictly for warming up and cooling down; any activity that doesn't resemble swimming will lead to the swimmer being asked to leave the diving well. Also, Parkcrest officials plan to limit the number of swimmers in the diving well at any one time. If you decided to skip warm-ups (having notified Coach Emily first!), and want to warm up at the diving well, please make sure you arrive in plenty of time BEFORE you have to report to clerk of course for your event.

### **Practice still on during All City**

We will still have practice on Thursday (for 8&U's and 9-10s) and Friday (11-12s, 13-14s, 15-18s) of All City week. Practices will be shorter than usual, and involve a light workout that focuses on starts, turns, and relay exchanges. Practice time:

Thursday (8&U's, 9-10s): 8:30 a.m.-9:30 a.m. OR 4:30 p.m.-5:30 p.m.

Friday (11-12s, 13-14s, and 15-18s): 6:45 a.m.-8 a.m.

### **Dive into some late breaking news!**

Monona diver Elaina Jacobson took 2<sup>nd</sup> place and won a silver medal at Tuesday's All City Dive meet; it's Elaina's highest finish in the All City Dive meet. Teammate Maddie Smith took 6<sup>th</sup> place for MO as well as our team finished runner-up in the 13-14 girls high-point trophy chase Tuesday at Shorewood. Congrats to our divers!

### **More All City details**

Take some time to familiarize yourself with the parking and swimmer drop-off procedures; details and maps here: <http://allcity2011.parkcrestpool.org/arrival> Swimmers can be dropped off on the north side of Inner Drive, next to John Muir Elementary School. The school, located directly west of the Parkcrest pool, will host Tent City on its grounds for All City (there are signs on each tent, indicating which tent is MO's.) Traffic on Yellowstone Drive – between the school and Tent City location, and the Parkcrest pool -- will be closed during the three days of All City. In the alternative, parents can simply park in the neighborhood streets near the pool and simply walk to Tent City to set up. There is no designated parking area for the meet; all parents and swimmers are asked to park in the neighborhood near the pool. Meet organizers have asked us to remind parents to please avoid blocking driveways of homes in the area.

**Parents of all 8 and U swimmers:** Our warm-ups on Friday will end at approximately 6:45 a.m., and Parkcrest plans to start the meet promptly at 8 a.m. with the 8-and-under medley relays. You need to get to the west side of Madison in time to go through clerk of course for the relays, and you'll be driving through Friday morning rush-hour traffic on the Beltline. Please don't speed, but please don't dawdle, either. The All City meet officials won't hold up the meet for missing or late swimmers.

### **Speaking of clerk of course...**

Remember that **all** swimmers will be clerked in the clerk of course tent for All-City for all three days. All means all – 13-14 and 15-18 swimmers, don't force our coaches to find you in the tent and interrupt your card games to make sure you get to clerk of course on time! Swimmers will need to report to their events an hour in advance of the time it is swum. This makes for some long sit-down time in the clerk of course tent. Parents of young swimmers: In the past, clerk of course organizers for All-City have been extraordinarily reluctant to allow parents to sit with their children while they wait in the clerk of course tent. It might be worthwhile to have a talk with your children about what to expect at the meet. Parents, if you have any questions, feel free to talk to a coach or veteran parent about what to expect at All-City. Here's a map of the pool site (scroll to the bottom), with clerk of course located on the tennis courts next to the diving well at the pool:

<http://allcity2011.parkcrestpool.org/swimmers>

Also, Parkcrest has provided this link for clerk of course procedures; **please have your swimmer review this and/or discuss this with your young swimmers prior to the meet:**

<http://allcity2011.parkcrestpool.org/images/All%20City%20Clerk%20of%20Course%20revised%20July%2011%20for%20Parents.pdf>

## Meet timeline

Here is a very tentative meet timeline; we stress the tentative nature of this timeline. Depending on many things, this timeline could go more quickly or slower than what's outlined here. Please keep checking on the Parkcrest All City site for updates on the timeline, as well as results:

<http://allcity2011.parkcrestpool.org/>

### Timeline

**Thursday:** 11-12, 13-14, 15-18 individual preliminaries

8 am -- Start

8 am – 12:10 pm – Free, Back, 11-12 IM

12:55 pm-5 pm – 13-4 and 15-18 IM, Breast, Fly

**Friday:** 8 & under, 9-10 individual preliminaries, and 8-and-under relay finals

8 am -- Start

8:00 am-12:10 pm -- 8-and-under Medley Relays, Individual Free and Back

1:15 – 5:40 pm -- 8-and-under Free Relays, Individual I.M., Breast, Fly

**Saturday:** - All Individual Finals, and Final Relays for all ages 9 and up

8 am - Start

8:00 am-12:30 pm -- Medley Relays, Free and Back Individuals

1:15 – 6:20 pm -- I.M., Breast, Fly, Free Relays for ages 9 and up

## Many other details...

- Announcers will make a first call for an event, second call, and then a final call. In tent city, there will be a white board in the middle of the tent area that will post first call for an event, second call, and then a final call. A person will be circulating throughout tent city making the same

announcements. Get to the clerk of course EARLY! The host teams will not be responsible for tracking missing participants, nor will announcers call specific (and missing) children to the clerk of course tent.

- Be aware that the volunteers in clerk of course have been instructed not to allow swimmers to void their bladders once seated in rows 1 - 6 (i.e. those seats closest to entry to the deck). Once they are in those seats the possibility for a trip to the restroom and a return in time for their event is negligible. PARENTS OF YOUNG (10&U) SWIMMERS -- The very last question you should ask of your child before they head to the clerk of course tent is..."Do you need to go to the bathroom?"
- Be prepared for long waits -- lots of them. Especially for 10 and under swimmers, the wait between races is often measured in hours (to cite one example, there is often more than 40 heats of the girls 8 and under freestyle). If your child is NOT swimming in the morning sessions, you don't have to be at the pool first thing in the morning. But please arrive at the pool in time for your afternoon races.
- First aid (bee stings aren't uncommon at All City), concessions, and All City clothing will all be available near tent city. In addition, the MO tent will have several coolers of water and Gatorade, leftover from concessions. The forecast calls for warm and sunny temperatures, and it is particularly important during the long days of All City that swimmers stay hydrated.
- Buy a heat sheet; it will help you keep track of your swimmer and their teammates. There are separate heat sheets for all three days. Bring a highlighter so you can keep track of your kid -- and the other Monona swimmers as well. Cheer for everybody!
- Kids who finish in the top 18 during prelims (plus two alternates) advance to Saturday's finals. Points are awarded down to 16th place for both individuals AND relays. Swimmers who finish 1st, 2nd or 3rd get medals, while ribbons are awarded to 16th. Also, every child who swims usually gets a participation award of some kind, so you may want to check at the awards table to make sure you get yours.
- Most parents' toughest job will be keeping track of their kids and getting them to the clerk of course on time. The kids tend to run around and have a good time, while their parents are frantically looking for them. There will be more than 700 kids there on Thursday and Friday, and more than 1,500 kids on Saturday, so finding your moppet can be nerve-wracking. Another difficulty experienced especially by the parents of younger swimmers is getting their swimmers to relax and rest between events. The kids get to having so much fun, they burn out before it's time to swim. Keep this in mind.
- Make sure to bring something to do to pass the time. Cards, games, and books help pass the time between events. Although we can't advise parents on what to have their children bring (I-Pods, cell phones, etc.), know that All-City has literally thousands of kids and parents roaming around in a pretty big area, and things can get easily lost. Parkcrest will have a lost-and-found tent.
- With respect to the accessorizing of our tent in tent city, we acknowledge the creativity of swimmers (and families) in the creation of a home-away-from-home atmosphere during the three days of All-City. **But if you bring it in, take it home!**
- All senior swimmers (those participating in your last All City meet): Because of the tight timeline for Saturday, meet organizers need to move through the senior recognition ceremony quickly -- it's right after the conclusion of Saturday's medley relays. All senior swimmers should have received an email regarding the details for how senior recognition will be run. Please review the instructions prior to Saturday so you don't miss out! If you need to review the details, email: [wimcdade@tds.net](mailto:wimcdade@tds.net) and we'll get them to you.

- Above all, **HAVE FUN!** Many parents and swimmers, some long gone from our club, say that some of their fondest memories of summer swimming came at the All-City meet. It's a great time that only comes around once a year; make the best of it, and have fun!