

IT'S A GATOR INVASION – LET'S GET READY TO RUMBLE WITH MIDDLETON!

We're finally at home this week after a three-meet break; time to gear up for one of the largest teams in the All City league – Middleton.

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

Swim team: Warm-ups at 6:30 a.m.; meet begins at 8 a.m. Saturday

It's critical that we have all hands on deck to set up, run, and tear down our meets, for both Friday and Saturday. Please make sure to be on time for your volunteer efforts – no later than 4:30 p.m. Friday for the dive meet; Saturday -- 6 a.m. for set up, 7 a.m. for concessions, 7:30 a.m. for timing and clerk of course, and no later than noon for tear down. Because of the size of both our teams, it's vital that tear down on Saturday begin well before 12:30 p.m. In particular, we'd ask that families take down their personal equipment well before the meet ends, so we can have lots of hands to move deck chairs, tables, bleachers, and other equipment, and to clean up the entire deck area. **A reminder -- the pool must be open for public use by 1 p.m. Saturday.**

Concessions needs your contributions!

All swim families are also asked to bring a contribution for the Snack Bar for Saturday's meet. (Here's how it works: You donate food and drink items to the snack bar, then give money to your children to buy the very things you donated in the first place.) Non-perishable contributions like pre-packaged baked goods, soda, Gatorade, and canned Spaghetti-Os are always welcome for future meets. Here's what Concessions Queen Sue Besler is looking for:

- **8 &unders: pre-packaged baked goods, including donuts, cookies and brownies**
- **9-10s: fresh fruit (individual servings - grapes, cherries, berries, melon chunks - in cups sell the best). Bananas sell better than apples**
- **11-12s: donuts, bagels and cream cheese**
- **13-14s: drinks (pop, water and Gatorade)**
- **15&ups: Spaghetti-Os**

Also, we need lots of coolers! Bring a cooler filled with ice and soda (Sue requests name-brand soda, as that sells better!)

Swim parents: If your kid can't make the swim meet...and he or she is signed up to swim, please call Head Coach Emily Bowen IMMEDIATELY! If you are absolutely too sick to come, call Coach Emily at 279-0726. Thanks for your help and understanding (and thanks to those parents who have made those early calls to Coach Emily – they are much appreciated).

A few other reminders as it's been awhile since our last home meet:

- Parents and swimmers -- Please stay clear of the area behind the starting blocks and the clerk of course area unless you are: volunteering as a timer or in clerk of course; a meet official; or about to swim a race. The area behind the blocks can get pretty chaotic at times, and while we encourage parents and swimmers to cheer on their kids and teammates, we need to keep the area behind the blocks as clear as possible.
- The forecast calls for sunny and warm weather; nonetheless, the baby pool – while tempting – **cannot be used** during our swim meets. You can use the deck space around the baby pool, but the pool itself is strictly off-limits during the meet. Parents – please make sure your children are not using the baby pool during the meet.
- Please avoid parking in the Monona Community Library lot on meet days. The lot looks tempting, but the library has limited parking, and is open both Friday afternoons and Saturday mornings. Thanks for your cooperation.

Eat for Your Team – two nights in the next week

Two more upcoming **Eat for Your Team** events, this week and early next week:

- On Thursday, head to Noodles and Company near the intersection of Monona Drive and Broadway (in the Pier 37 shopping center) between 5-9 p.m. A proceed of our dinners will go toward the team. Details here: <http://www.mononaswimanddive.com/social-events/7-7-noodles-night/> (**Important caveat: You must tell the counter folks when you order and pay that you are “Eating for MO Swim and Dive!”**)
- The following Tuesday is Qdoba night (4718 East Towne Boulevard) in what might be the most highly anticipated event of the season for some of our 15-18 swimmers. Details here: <http://www.mononaswimanddive.com/social-events/uno-pizza-nights/> **You must present the Qdoba coupon** (download from the above link on our website; ignore the uno-pizza-nights line in the URL; this is the correct link for Qdoba night) in order for our team to receive a portion of the sales. A burrito-eating contest may be in the offing among some of the senior swimmers.

And thanks to all who made Pizza Oven night a success –we generated \$190 for our team!

Timers (still!) needed for All City

We are still in need of several timers for the All-City swim meet. We need 11 timers; so far, only a handful of folks have signed up. All teams participating in the All City swim meet are **required** to provide timers for the meet, and as one of the largest teams in the league we should have little difficulty rounding up enough timers. But so far, we have less than half of what we are required to provide for the meet. So here’s the information; Parkcrest, as the host pool, needs the names of timers as soon as possible, by the end of this week if possible. Here’s what we need:

July 28 th ,	Thursday A.M. 2 slots
July 28 th	Thursday P.M. 2 slots
July 29 th	Friday A.M. 2 slots
July 29 th	Friday P.M. 1 slot

July 30th Saturday A.M. 2 slots
July 30th Saturday P.M. 2 slots

Interested? Email Randy Parvin at unrp2@yahoo.com with the following:

- 1) Name
- 2) Address
- 3) Email
- 4) Year of Birth
- 5) Time and Date for which you are volunteering.

More on All City

A few more All City reminders; hard to believe, but we're only three weeks away from the big season-ending meet:

- Senior swimmers – If you will be participating in your last All City meet this year, please submit your information for the Senior Recognition ceremonies held at the All City swim meet on 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>
- Make sure to get those All City meet minimums in – 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. We only have three more meets to go to get them in!
- We're still looking for a few families to host All City banner parties. Every year, each age group paints and decorates its own banner to hang at the All City swim and dive meets. The MO team will supply the banners, paint, brushes and \$50 toward food (usually pizza) for hosting the party. Please contact Nicole Dunbar at nedunbar@gmail.com if you're interested in hosting.
- And don't forget the All City food drive – details here:
<http://allcity2011.parkcrestpool.org/giving> and you can also bring non-perishable food items to the Monona pool and put them in the Second Harvest food bin.

Order your team and individual photos

Team and individual photos are ready to go; click on this link to go to team photographer Dave Newton's website: <http://davenewton.net/MO/>

All MO team clothing is in!

Clothing orders are in... If you have not received yours, it can be picked up at the meet this weekend. If you would like your clothing sooner, please contact Michelle Adler Gronski to make arrangements: madlergronski@yahoo.com or 222-7284.

Stars of the week:

Swimming

8 & under

John Radney-John has been putting a lot of effort in the pool and has a great attitude every day! We enjoy his smile every morning along with the excited energy! Keep up the good work, John!

Abby Kraemer- Abby has been such a treat to coach! She has worked hard all summer and cheers on her fellow swimmers at meets! Keep up the team spirit and energy, Abby!

9 & 10

Orion Saal: Orion is a tremendous worker and his effort at every practice shows. Orion dropped 8 seconds in his 50 freestyle against West Side - keep it up Orion!

Hanna Doll: Hanna is a fun and dedicated swimmer who we love having at practice. We never have to worry about Hanna trying her best - she already does. Thanks for all your hard work, Hanna!

11 & 12

Renata Jaeger - She dropped a ton of time at the meet this weekend in both free and fly and she is looking fast!! She is proof that hard work pays off. Keep it up Renata!

Drew Kimmel - Drew showed great leadership when he tried to help some other teammates learn how to do flip turns! He is also a funny guy who makes us laugh and has been working hard to also be serious when we need him to be. Thanks Drew!!

13 & 14

Our 13 & 14 boys all deserve to be stars! They have been struggling to put four people together to form a relay, and haven't lost their spirit to swim and try their best! We can't tell you how much we appreciate the enthusiasm to swim!

Elaina Jacobson- Elaina has been a pleasure to coach this summer! She is a silent leader that always puts in 100% effort in the pool. We can always rely on her to be at practice and the sets without any complaints! Thanks, Elaina!

15 & 18

Andrew Sackett- Andrew has had a stressful injury throughout this season, but continues to swim through it! He works hard every day and goes above and beyond what the coaches ask of him both in and out of the pool! Keep it up, Andrew!

Brooke Marten-Brooke has been working really hard in the pool and continues to do everything the coaches ask of her! She is someone we can always count on, and the coaches really appreciate it! Thanks, Brooke!

Divers

Every one of the divers will be stars of the week with stand-out performances against West Side from Kezia and Shane.