

2024 Preseason Lane Lines Newsletter

Our Lane Lines Newsletters are sent weekly throughout the season to keep you up to date on all the team happenings—both on and off the deck! ***If you didn't get a copy of this in your email, please verify your contact info*** through your account on the [team website](#) to make sure you receive your Lane Lines and other important info throughout the season.

Included in this week's update:

- Notes from Coach Kelly & Coach Jan
- Swim Stars and Diver of the Week
- Upcoming Meets and Events
- Fundraising and Sponsorship Information



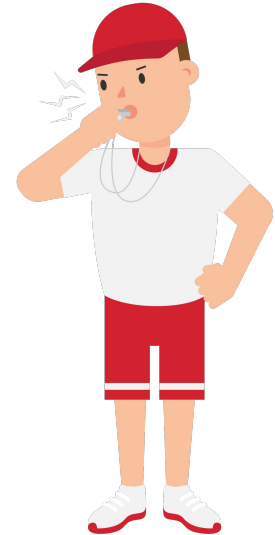
Coach's Medley- Swim notes from Kelly

- Welcome to pre-season swimmers! We have had a great start to the 2024 season. I know a lot of families are balancing a variety of activities and we appreciate everyone doing what they can to get to the pool and spend time with MO. We are looking at hosting our “Mock Meet” tomorrow (Tuesday) during practice. It allows our younger swimmers the opportunity to see how a meet works including clerk, lane assignments, heats, and our starter. For parents that are new it is a great opportunity to learn our meet procedures. As always I'll be on deck to answer any questions you may have or feel free to send me an email at kchadesh@gmail.com. I'm currently organizing our extra caps to get them available for purchase later in the week. Please bear with me as I'm balancing the last week of school, MO and most importantly the role of mom.
- **Swim officials needed!** Click [here](#) for more info!
- Swim Stars-starts after the first meet



Deep Dive - Notes from Coach Jan

- Welcome to preseason divers. Preseason dive has been going fantastically! We spent the first couple of days building up some skills and I'm excited to carry that momentum forward into week 2! Everyone has come in with a lot of energy and great learning mindsets, which is making me so excited for the rest of the season!
- Diver of the Week-starts after the first meet



Regular Season Practice

SWIM Regular Season Practice Schedule - Starts Monday, June 10, 2024:

- **13 & Over:** 6:00 – 7:30 am (Mon - Fri)
- **11 – 12:** 7:30 – 8:45 am (Mon - Fri)
- **Unified Swim:** 7:30 – 8:30 am (Mon - Fri)
- **9 – 10:**
 - AMGroup 1: 7:30 – 8:30 am (Mon-Fri)
 - AMGroup 2: 8:45 - 9:45 am (Mon-Fri)
 - Evening: 5:30 – 6:45 pm (Mon-Thu, no Friday evening practices)
- **8 & Under:**
 - Morning: 8:45 – 9:45 am (Mon- Fri)
 - Evening: 5:30 – 6:45 pm (Mon-Thu, no Friday evening practices)

DIVE Regular Season Practice Schedule - Starts Monday, June 10, 2024:

Divers have the opportunity to select **ANY SESSION**, either morning or afternoon.

- **Morning Practice:** (Mon - Fri)
 - 12 & unders dive from 7:30 – 8:30 am
 - 13 & ups dive from 8:30 - 9:30am
- **Evening Practice:** (Mon - Thurs)
 - all ages from 5:30 - 6:45pm

Upcoming Meets

Sign up deadline for Swim and Dive meets is by end of the day Wednesday July 12th, 2024

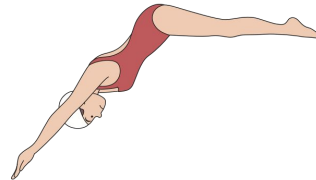
Swim at Parkcrest - June 15th, 2024

[Swim Meet Sign Up](#)



Dive at Nakoma - June 14th, 2024

[Dive Meet Sign Up](#)



“GMO!”
MONONA SWIM & DIVE

Upcoming Events

Pool Party & Kona Ice - June 8th 7-9pm

- Join us for fun and friendship!
- Bring your inflatables, pool noodles and pool toys
- Suggested donation - \$5 or non perishable food item
- Sign up [here](#)



PinSeekers - June 23rd 4-6pm

- Monona Swim and Dive is seekin' some fun at PinSeekers in DeForest!
- We have reserved Golf Bays and Mini Bowling lanes. Check out their website
- Gather a group of friends, teammates or family
- Sign up [here](#)



Fundraising

Monona Swim and Dive is a non profit community based summer swim and dive team. We count on membership fees and fundraising throughout the season to cover our costs. Here are some upcoming opportunities to help raise money for our team!

June 19 - Doughnation Night at Ian's Pizza from 5-9pm! Share this [FLYER](#) on your phone in person, mention MO Swim and Dive via phone or use the words Doughnation or Donation online/app.

June 23 - PinSeekers

July 3 - Urban Air

July 9 - Forage



Sponsors

THANK YOU Sponsors for your generous support of Monona Swim and Dive Teams! If you are interested in becoming as sponsor click [here](#).



608.839.4100



An advertisement for American Family Insurance featuring a photo of Jake Vetter, Agent, and the text "YOUR LOCAL INSURANCE TEAM" and "Call for a bundle quote today!". It also includes the American Family logo and a QR code.

