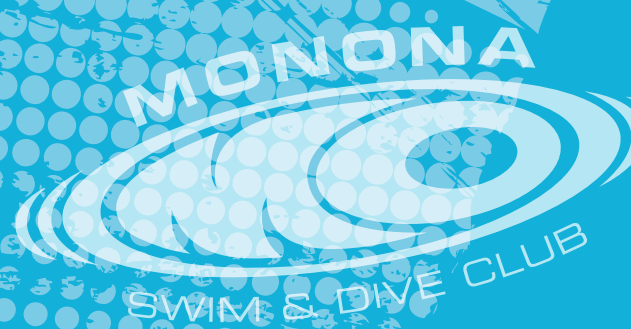
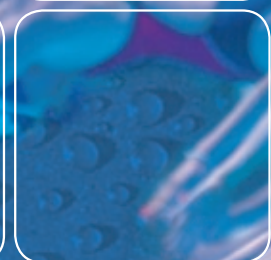
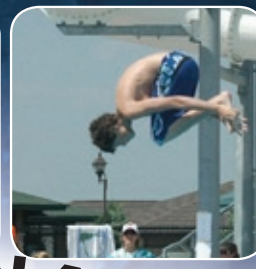
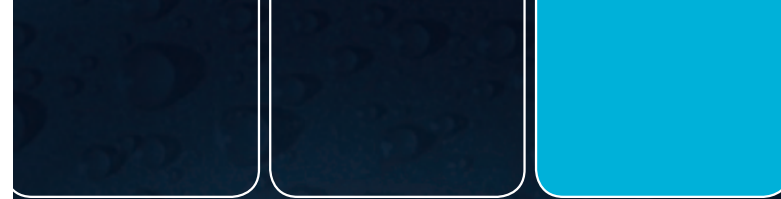


Come Swim With Us!



c/o Sue McDade, Registrar
6301 Southern Circle
Monona, WI 53716





MO summer fun for everyone

For more than 40 years, almost 300 kids from Monona and all over the East Side have been joining the Monona Swim and Dive Club. They learn swimming and diving skills that will keep them fit and safe for a lifetime, and they have fun belonging to a club that includes boys and girls from kindergarten through high school. The only requirement is the ability to swim 25 meters, front crawl, with their faces in the water.

We compete against other Madison area clubs in the All-City League. Dive meets are on Friday nights and swim meets are on Saturday mornings. The season's grand finale is the All-City Meet, several days of fun and excitement you won't want to miss.



The Zen of MO

Our philosophy is simple: Everybody into the pool! Some of our kids are highly competitive swimmers and divers who want to win. Others just want to improve their aquatic skills, get fit and be with their buddies. Whatever -- we have room for everyone! Our coaches try to tailor individual workouts for each team member, depending on the athletes' abilities and what they want to achieve.

Swimming is a great way to get in shape: It builds both upper and lower body strength and aerobic capacity. It can improve your performance in other sports such as football, basketball, soccer and track.

Reinforcing the link between effort and achievement is the keystone of our program. All team members who improve their times or diving scores earn "Personal Best" pins each week, regardless of whether they've won ribbons or not. We encourage parents to help kids chart their progress, so they can see that it's true: **The harder you work, the better you get.**



We have MO coaches

We take pride in our homegrown coaches: Most of these young men and women grew up swimming and diving for MO. Some of them even became champions in high school and college. They are well versed in proper technique and conditioning drills, and will even talk to the kids about good nutrition. And, they're good role models as well.

We strive for a ratio of one coach for every 15 kids to make sure our athletes get the individual attention they need. Plus, our coaches know how to make practice fun – you never know when a game of Marco Polo or sharks-and-minnows is likely to break out!



We have MO practice times

Practice is offered five days a week, and we urge all members to try to attend at least three times a week. Practice starts the Tuesday after Memorial Day in the afternoons until school gets out, then we add morning sessions as well. Swimmers 10 and under even get to choose between morning and afternoon practice times.



Need MO information

Please visit our terrific website:
www.mononaswimanddive.org

That's where you'll find:

- The date and place for this year's Registration and Information Meeting
- Information about our team suits and clothing
- Daily practice times for each age group
- Our weekly meet schedule
- The dates and location of this year's All-City Meets
- Information on social events
- This year's fee schedule
- And much, much more!



Still have questions? Please call our club president Sue McDade at 221-0645 evenings.

For liability reasons, no swimmer or diver whose fees are not paid and whose medical form, registration and liability waiver have not been received will be allowed on deck or in the pool during practice.

A limited amount of financial aid is available for swimmers and divers whose families would otherwise be unable to afford to join. For more information, contact Sue McDade at 221-0645.

Please note: Although we are based at the Monona Community Pool, we are NOT a city team. We charge the same fees for every member, whether they live in Monona or not, and we receive no city subsidy. We are a non-profit club run by parents for kids. And lots of MO parents say they have just as much fun as their kids do!

Don't wait until the last minute! We've had to turn late-comers away in years past when the pool reaches capacity, so make sure to get your registration and waiver forms in early or you'll miss out on a summer of fun!

We have MO parties

Our kids work hard but they play hard, too. The fun kicks off with our team entry in the annual Monona-East Madison Memorial Day Parade. Then there's our ever-popular Team Breakfast, our Pool and Pizza Party, our Potato Party, our Banner Parties for each age group, and finally our Team Banquet.

