



# 3<sup>rd</sup> ANNUAL “SWING or SWIM” Golf Tournament

with proceeds to benefit the  
**LAKE MONTICELLO SWIM TEAM**

**4-person Captain’s Choice @LAKE MONTICELLO GOLF COURSE**

**May 17th, 2025 @ 1:00 PM \$90 PER PERSON/\$360 TEAM**

Cost includes: Range Balls, Cart, Goodie Bag, with Dinner and Awards to follow

**DEADLINE TO REGISTER: May 10th, 2025**

**You can send your payment & registration Payable to:**

**Lake Monticello Swim Team (LMST)**

**51 Bunker Blvd.**

**Palmyra, VA 22963**

**Register your team @**

**[lmstsharks.swimtopia.com](http://lmstsharks.swimtopia.com)**

FOR QUESTIONS, PLEASE CALL/TEXT (571) 243-2971 OR EMAIL  
TODD.KALINOSKY@GMAIL.COM

**Player Sign-Up** -(First/last name, contact #, email)

1. (CAPTAIN) \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Your business can also SPONSOR a hole for \$100 & your business/logo will be  
displayed on a TEE BOX**

# SWIM TEAM

## *Kick-Off*

REGISTRATION OPENS MARCH 16TH  
AT LMOA CLUBHOUSE  
1-4PM

IF YOU'VE EVER WANTED MORE INFORMATION ON SWIM TEAM COME CHAT WITH THE BOARD! SWIMMER REGISTRATION, VOLUNTEER SIGN UP AND BATHING SUIT TRY ON/SIZING WILL BE AVAILABLE.

\*\*\*THIS IS A CHANGE\*\*\*

WE WILL HAVE A SEPARATE MEET THE COACHES SESSION AT A TBD DATE.

**COST: 190\$ PER SWIMMER**

\*10\$ DISCOUNT FOR SIBLINGS\*

**GO SHARKS!**

Online registration will go live at 1pm March 16th  
[lmstsharks.swimtopia.com](http://lmstsharks.swimtopia.com)