

The background of the entire image is black, decorated with numerous water droplets and bubbles of various sizes. Some are large and prominent, while others are small and scattered. The droplets have a realistic, glossy appearance with highlights and shadows, suggesting they are three-dimensional and floating in space.

CENTURY GIRLS'
SWIMMING & DIVING
PAC MEETING

AUGUST 14, 2025

COACHING STAFF

- **CO-HEAD:** MEGAN & DALE MAGNUSON
- **ASSISTANTS:** JOSCELYN MARTIN, LOGAN PETZOLD
- **DIVING:** GREG ANDREWS
- **VOLUNTEERS:**
 - MICHAELA DERVIN
 - LILY LINDEN
 - ANNA LEE
- **TRAINER:** KILEY FRIEDRICHS

COMMUNICATION

- DALE MAGNUSON: DAMAGNUSON@ROCHESTERSCHOOLS.ORG
 - 507-269-8133
- MEGAN MAGNUSON: MEMAGNUSON@ROCHESTERSCHOOLS.ORG
 - 507-288-8434
- CENTURY: 328-5140
- WEEKLY COMMUNICATION: SUBSCRIBE ON OUR TEAM WEBSITE
(USING REMIND)
- [2025 TEAM WEBSITE](#)

TEAM THEME

LIMITLESS

WEEKLY SCHEDULE - SWIMMERS

- JV:

- 4:00-5:30 PM MONDAY-THURSDAY
- 4:00-5:00 PM FRIDAY
- 7:00-8:30 AM SATURDAY

- VARSITY:

- 5:30-7:30 PM MONDAY-THURSDAY
- 6:30-8:00 AM FRIDAY*
- 7:00-9:00 AM SATURDAY
- OPTIONAL: 6:30-7:30 AM TUESDAY/THURSDAY

WEEKLY SCHEDULE - DIVERS

- ALL
 - 5:00-7:00 PM MONDAY-FRIDAY

TEAM CLOTHING / TEAM SUIT

- VISIT OUR TEAM WEBSITE AND SELECT THE “TEAM STORE” TAB

Team Suit

Use this link to order your Century Girls' Swim/Dive team suit. Note, this is the same suit as previous years, so you are welcome to continue using your existing suit if you have one.

2025 Team Store

Century Girls' Swimming & Diving Team apparel.

Swim Outlet Store

SwimOutlet.com team store for Century Girls' Swimming & Diving. Please use this link any time you make any swimming/diving swimming related purchases. A percentage of all proceeds comes directly back to our team as a fundraiser. Feel free to share this link with everyone you know!

RULES & EXPECTATIONS

- **RULES:**

- BE ON TIME (PRACTICES AND MEETS)
- NO UNEXCUSED ABSENCES FROM PRACTICE
- ALL ATHLETES MUST ABIDE BY SCHOOL AND MSHSL POLICIES
- SCHOOL: STUDENTS MUST BE ON TIME AND IN CLASS EACH HOUR

- **STUDENT DISMISSAL:**

- MIDDLE SCHOOL STUDENTS MUST BE DISMISSED WITH A PARENT NOTE AT THE MIDDLE SCHOOL
- HIGH SCHOOL STUDENTS ARE DISMISSED BY THE ATHLETIC OFFICE

LETTERING CRITERIA

- PRIMARY CRITERIA:
 - NO VIOLATIONS OF CENTURY HIGH SCHOOL OR MSHSL RULES
 - NO UNEXCUSED ABSENCES DURING THE SEASON
- AND ONE OF THE BELOW CRITERIA:
 - QUALIFYING FOR THE SECTION MEET
 - QUALIFYING BY OFFICIAL TIME IN A MEET IN AT LEAST ONE EVENT
 - PARTICIPATION ON THE TEAM FOR FOUR CONSECUTIVE YEARS WITHOUT RECEIVING A PREVIOUS LETTER

TRAVEL

- TRAVEL RELEASE:
 - STUDENT ATHLETES ARE ENCOURAGED TO RIDE TO AND FROM AN EVENT ON SCHOOL PROVIDED BUSES
 - TRAVEL RELEASE FORMS ARE AVAILABLE ONLINE AND MUST BE SUBMITTED 24 HOURS PRIOR TO THE EVENT TO MEGAN, DALE, OR GREG (DIVERS)
 - CENTURYPANTHERS.ORG - FORMS
- BUS PICK-UP/DROP-OFF FOR AWAY DUAL MEETS
 - PICK-UP LOCATION (BEFORE EVENT): BEHIND CENTURY (DOOR 19) *
 - DROP-OFF LOCATION (AFTER EVENT): IN FRONT OF THE VOLLEYBALL CENTER
 - SEE THE WEEKLY SCHEDULE FOR EXACT TIMES AND LOCATIONS

IMPORTANT DATES / NOTES

- JIMMY JOHN'S (AWAY DUAL MEETS - 3)
- TEAM PICTURES (8/26 4:00 PM – CENTURY POOL)
- DULUTH INVITE DETAILS (10/3 - 10/4)
- HEALTHY HUMAN RACE (8/23)
 - NO AID STATION THIS YEAR – WE ARE DOING IT!

DONATIONS/FUNDRAISING/VOLUNTEERING

- OUR SUMMER SWIM PROGRAM RAISED OVER \$1,000!
- IF YOU ARE INTERESTED IN DONATING TO OUR PROGRAM, PLEASE REACH OUT!
- VOLUNTEERING:
 - AFTER MEETS: TAKE DOWN THE POOL
 - PICK UP GARBAGE IN THE STANDS
 - JIMMY JOHN'S PICKUP
 - FOOD. FOOD. FOOD.

ROCHESTER PENTATHLON

- FUN MEET BETWEEN ALL THREE SCHOOLS – NO PRESSURE!
- THIS IS A WAY FOR COACHES TO GET INITIAL TIMES FOR ALL ATHLETES
- PARENTS/SPECTATORS WELCOME AND ENCOURAGED!
- MEET STARTS AT 9:30 AM AT THE CENTURY POOL
 - ENTER THROUGH THE FRONT DOORS

QUESTIONS

- DALE MAGNUSON 507-269-8133
- MEGAN MAGNUSON 507-288-8434
- CENTURY ATHLETIC OFFICE 507-328-5140

- DALE: DAMAGNUSON@ROCHESTERSCHOOLS.ORG
- MEGAN: MEMAGNUSON@ROCHESTERSCHOOLS.ORG