



Prior Lake Girls Swim & Dive Team Weekly Update



MARK YOUR CALENDARS

(Remember to **ALWAYS** have a water bottle at practices!)

MONDAY – August 6, 2018 (Captains Practice)

8:00am-10:00am @TOMS POOL

WEDNESDAY – August 8, 2018 (Captains Practice)

8:00am-10:00am @TOMS **BLUE GYM**

FRIDAY – August 10, 2018 (Captains Practice)

10:00am-1:00pm @Shady Oak Beach – Meet at the HOMS Parking Lot for Carpooling

***Bring \$\$ for admission and food/drinks*

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MONDAY – August 13, 2018 **1st Day of the 2018 HS Swim & Dive Season!!!**

Practice: 7:30am-10:00am @HOMS

6:00pm - **MANDATORY** Parent/Athlete Meeting (6:00pm-6:30pm in the GYM)

***Individualized Swim Team Meeting directly following in the Choir Meeting Room*

TUESDAY – August 14, 2018 (Remember to ALWAYS have a water bottle at practices!)

Practice: 7:30am-10:00am @HOMS

WEDNESDAY – August 15, 2018 (Remember to ALWAYS have a water bottle at practices!)

Practice: 7:30am-9:30am @HOMS

Practice: 4:00pm-6:00pm @HOMS

THURSDAY – August 16, 2018 (Remember to ALWAYS have a water bottle at practices!)

Practice: 7:30am-9:30am @HOMS

Practice: 4:00pm-6:00pm @HOMS

FRIDAY – August 17, 2018 (Remember to ALWAYS have a water bottle at practices!)

Practice: 7:30am-10:30am @HOMS

SATURDAY – August 17, 2018 (Remember to ALWAYS have a water bottle at practices!)

Practice: 7:30am-10:00am @HOMS

TEAM CAR WASH: 11:00am-3:00pm @JEFFERS POND (More Info to follow)

LAKERS



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MONDAY – August 20, 2018

Practice: 7:30am-9:30am @HOMS

Practice: 4:00pm-6:00pm @HOMS

TUESDAY – August 21, 2018

Practice: 7:30am-10:30am @HOMS

WEDNESDAY – August 22, 2018

Practice: 7:30am-9:30am @HOMS

Practice: 4:00pm-5:00pm @HOMS

Feed My Starving Children: 6:00pm-7:30pm (Bus will leave HOMS at 5:15pm)

**more information to follow as well as volunteer sign up availability*

THURSDAY – August 23, 2018

Practice: 7:30am-9:30am @HOMS

Practice: 4:00pm-6:00pm @HOMS

FRIDAY – August 24, 2018

TEAM PICTURES: 11:00am

TEAM LUNCH: @HOMS **Sandwiches, Fruit and Water is provided by the Booster Club*

MOCK MEET: 5:00pm @HOMS

TEAM SLEEPOVER **following Mock Meet – @Jaden Clark's House: 5912 Crossandra Street PL*

SATURDAY – August 25, 2018

Practice: 8:00am-10:00am @HOMS



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MONDAY – August 27, 2018

Practice: 3:30pm-6:00pm @HOMS

TUESDAY – August 28, 2018

Practice: 3:30pm-6:00pm @HOMS

WEDNESDAY – August 29, 2018

Practice: 3:30pm-6:00pm @HOMS

THURSDAY – August 30, 2018

SWIM MEET vs. Lakeville North (*19455 Kenwood Trail – Lakeville*)

6:00pm / 5:00pm DIVING

BUS LEAVES HOMS at 3:45pm

BE ON TIME FOR THE BUS! THE BUS WILL NOT WAIT PAST 3:45pm

FRIDAY – August 31, 2018

Practice: 7:30am-10:30am @HOMS

SATURDAY – September 1, 2018

NO PRACTICE





Prior Lake Girls Swim & Dive Team Weekly Update



[FB Athletes](#)



[FB Parents](#)



[PLHS Activities Website](#)



[Email](#)

Welcome to the 2018 Season of the Prior Lake High School Girls Swim and Dive Team

It is crazy to think the 1st day of practice for the 2018 season is just **27** days away! We have a lot of fun and exciting things ahead this year! We will discuss these upcoming things in depth at the Swim and Dive Meeting on August 13th but for now here is some information to make the meeting run smoothly!

1. [Team suits and Apparel](#) - Team suits are **required** for all swim meets. Pick the size you think you will need and remember, you want these to fit tight. If you aren't sure, let me know and I can help guide you in picking the right size. The apparel in what was chosen by the captains and is for the athletes only. (A separate link for parents and fans to order from will be available soon). It is **not** mandatory to order any of the apparel, this is just for the girls to wear to school and on meet days. Order only what you want to. These will be shipped to Katie and then handed out to those who ordered.
[2018 PLHS Girls Swim & Dive Swimsuit and Captains Apparel Order Link](#)
2. [Swim Caps](#) - Please complete the google form below for cap orders. These will be ordered on August 1st in order to receive them in time for the season. We will **NOT** be able to order caps with names on them after August 1st. [2018 PLHS Girls Swim & Dive Swim Cap Order Form](#)
3. [Registration](#) - The Fall Activities Registration site is going to be open on July 16th. You will need to register through FeePay and the link to the site will be on the PLHS activities website. Your daughter **MUST** be registered before August 13th in order to be eligible to practice.
[PLHS Activities Registration Page](#)
4. [Calendar](#) - The website has been updated with our current schedule and practice calendar. Please do your best to plan vacations, appointments, college visits around this schedule so that you miss as little practice as possible. With the season being so short every day counts! There is a **MANDATORY parent and athlete meeting on Monday, August 13th at 6:00 at PLHS**. The Athletic Director (Russ Reetz) will talk first in the gym from 6:00-6:30pm and then we will continue our swimming and diving meeting in the Choir Meeting Room. It is very important that you and your daughter attend this meeting. It will last until about 8:30pm. You will need to bring your checkbook that night.
[2018 PLHS Girls Swim & Dive Calendar](#)

LAKERS



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Important Information for the Mandatory Meeting

Below are a few bullet points to help make the Meeting take less time ☺

There will be (6) separate areas set up to streamline the information gathering process

1. Area 1 – Communications Table – there will be (2) laptops available to enter your athlete's information (name – phone – email) as well as parent / guardian's information – THIS list is very important in order to stay up to date with important team dates / schedules / upcoming events and activities
2. Area 2 – Warm Up Deposit – please have a check written out to the Prior Lake Girls Swim & Dive Booster Club in the amount of \$150.00 **PRIOR** to the meeting to make this as simple as possible. **This check will be returned or discarded at the end of the swim season if the Warm Up is returned in the condition it was received.*
3. Area 3 – Volunteer Deposit – each family is required to volunteer for swim meets and/or activities each year – that amount will be determined once registration for the season is final – please have a check written out to the Prior Lake Girls Swim & Dive Booster Club in the amount of \$150.00 **PRIOR** to the meeting to make this as simple as possible **This check will be returned or discarded at the end of the swim season if your volunteer commitment has been fulfilled.*
4. Area 4 – Swim Caps - please have a check written out to the Prior Lake Girls Swim & Dive Booster Club in the amount of \$15.00 (if you ordered Latex Caps) or \$25.00 (if you ordered Silicone Caps) **PRIOR** to the meeting to make this as simple as possible.
5. Area 5 – Team Dinners – we are asking each family to contribute \$10.00/swimmer to go towards our (3) Team Dinners we have each season ahead of True Team Sections / JV Sections and Varsity Sections – this helps offset the cost of feeding the team for those important upcoming meets - please have a check written out to the Prior Lake Girls Swim & Dive Booster Club in the amount of \$10.00 (per swimmer) **PRIOR** to the meeting to make this as simple as possible
6. Area 6 – Fundraising – This year we have made it simple to fundraise with very little effort – we will be selling Papa Murphy's Pizza Cards (*more information to follow at the meeting) - please have a check written out to the Prior Lake Girls Swim & Dive Booster Club in the amount of \$40.00 **PRIOR** to the meeting to make this as simple as possible **The cost of each pizza card is \$20.00 – we are asking each swimmer to sell (2) of these cards*





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Good Luck

**BEST OF LUCK TO ALL OF YOU – HERE’S
TO A GREAT SEASON!!!!**



We have a HASHTAG

When posting photos or any communication about PL Girls Swim & Dive on Instagram, Twitter, Facebook etc. please include the hashtag

#PLSWIMFAM

- If you would like to be removed from the Girls Swim & Dive communications for 2017-2018 season please click unsubscribe [HERE: UNSUBSCRIBE](#)
- [Update Subscription Preferences](#)
- **Our mailing address is:**
Prior Lake Girls Swimming and Diving
7575 150th Street Savage, MN 55378
- *Copyright © 201 Prior Lake Girls Swimming and Diving, All rights reserved.*
You are receiving this email because you either gave your email address to our communications coordinator or signed up on our website

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