



**Prior Lake High School
Girls Swim & Dive Team
Weekly Update**



MARK YOUR CALENDARS

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

MONDAY – September 17, 2018

Practice: 4:00pm-6:15pm @HOMS

DRYLAND: 3:30pm-4:30pm

Bring ALL Dryland Attire (shorts/T-shirts/Sneakers etc.)

TUESDAY – September 18, 2018

Practice (Swimmers): 3:30pm-6:00pm @HOMS

Practice (Divers): 4:00pm-6:00pm @HOMS

WEDNESDAY – September 19, 2018

Practice: 4:00pm-6:15pm @HOMS

DRYLAND: 3:30pm-4:30pm

Bring ALL Dryland Attire (shorts/T-shirts/Sneakers etc.)

THURSDAY – September 20, 2018

SWIM MEET vs. Lakeville South

Swimming Starts at 6:00pm @Kenwood Trail MS (19455 Kenwood Trail – Lakeville)

BUS LEAVES HOMS at 3:45pm for swimmers

**** There is construction on Kenwood Trail so PLEASE allow for extra travel time ****

Diving starts at 5:00pm @McGuire MS (21220 Holyoke Avenue – Lakeville)

BUS LEAVES HOMS at 3:20pm for divers

BE ON TIME FOR THE BUS! THE BUS WILL NOT WAIT

FRIDAY – September 21, 2018

Practice (Swimmers): 3:30pm-6:00pm @HOMS

Practice (Divers): 4:00pm-6:00pm @HOMS

SATURDAY – September 22, 2018

SWIM MEET – Hutchinson Invite @Hutchinson MS (Carlson Pool)

Divers will leave HOMS at 6:30am / Diving will start at 10:00am

Swimmers will leave HOMS at 9:15am / Swimming will start at 1:00pm

LAKERS



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[FB Athletes](#)



[FB Parents](#)



[PLHS Activities Website](#)



[Email](#)

Announcements from Coach Katie

1. **Vs. Apple Valley:** Another congratulations are in order for the Girls who swam & dove their hearts out this week – beating Apple Valley on Thursday (9/13/18) – it was another fun win putting us at 3-0 so far this season!
2. **Culver's:** The team will be heading to Culver's after Thursday's meet vs. Lakeville South – the Booster Club is paying for their ice cream – if they would like additional food please send money along to pay for that. Thank You!
3. **Church Activities:** Please let Katie know if your daughter needs to leave practice early on Wednesday's for Church Activities – please send an email to Katie with the time they need to be out of the water. Thank you!
4. **Saturday's Hutchinson Invite:** The line-up will be posted today (Monday) with who is competing in this meet
5. **Teacher Appreciation Night:** Tuesday October 2, 2018 – we will be distributing invitations to the girls this week – they can hand them out to any teacher/counselor/principal they choose. We truly enjoy this yearly meet and like to get as many teachers to attend as possible so have your girls start thinking about who they'd like to invite.
6. **Elmore Apparel:** Elmore had an issue with their online ordering site. They are missing a few orders still. If you didn't get the order you placed online in July or August please fill out this google form for me so I can submit it to Elmore. You will need to show proof of payment so have your email confirmation or receipt available to email to me as well: [Google Form for missing apparel](#)
7. **Duluth:** I will be putting my list of attendees for Duluth. If your daughter is going to choose to go to Homecoming this year please email me at katiehaycraft@gmail.com – once I eliminate those choosing to not go I will fill the line-up and post that as soon as I can
8. **SPECIAL NOTE:** This is (unfortunately) the time of year the girls will get run down, tired and sick. Please make sure your daughter is taking care of herself by getting plenty of rest, eating healthy, taking vitamins and drinking plenty of water. We have a BIG meet vs. Eagan next week and I will need to have everyone healthy and ready to swim! We have had a great season so far – the girls have been training VERY hard – Keep encouraging them at home!

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Athletes of the Meet – September 13, 2018

‘Athletes of the Meet’ – These are chosen based on performance, attitude and leadership shown at that meet.

The Athletes of the meet vs. Apple Valley are Emma Bingenheimer, Ainsley Clayton, Emma Perkins & Danae Swedberg



PHOTOS

[SWIM MEET vs Apple Valley \(09/13/2018\)](#)

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THANK YOU

Thank you to all of our families who have volunteered their time to make the season run smoothly (so far) ... Please click the links below to sign up for Volunteering Opportunities for our upcoming meets this week!

We do ask that you please CHECK IN at the volunteer desk (where you pay to get in to meets) and pick up your nametag so Debra Lein can check your name off – also please return your nametag to Debra at the end of the meet so we can reuse them throughout the season.

If you are NOT able to volunteer after you have signed up please remove your sign up as soon as you are able so the space can be filled with another family. Thank you all again for your tremendous help!



Thank you to **Troy Bauer** & **Michael Lein** for taking amazing photos! We are lucky to have such amazing people to capture these moments!!

REMINDER

Just a reminder that there is an admission fee for ALL Swim Meets – the admissions vary at each location!

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Papa Murphy's Fundraiser

Thank you to everyone who participated in the Papa Murphy's Fundraiser!
We raised \$1,800.00 for the team!!!



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 2018-2019 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
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