

The background is a light blue gradient with several realistic water droplets of various sizes scattered across the surface. The droplets have highlights and shadows, giving them a three-dimensional appearance.

CENTURY GIRLS' SWIMMING & DIVING PAC MEETING

AUGUST 19, 2021

VIRTUAL MEETING

COACHING STAFF

- CO-HEAD: MEGAN & DALE MAGNUSON
- ASSISTANTS: JOSCELYN MARTIN, ANNA SCHMITT
- DIVING: BRETT MARONDE
- VOLUNTEER: ALLISON BJORK, LORI ROGERS, JENNIFER GRONSETH
- TRAINER: KAYLA UPTAGRAFFT

ATHLETIC OFFICE PRESENTATION

- [2021 FALL PAC MEETING VIDEO](#)

TEAM CLOTHING

- OUR CAPTAINS HAVE SETUP A TEAM STORE FOR CLOTHING
 - [HTTPS://CENTURYSWIMDIVE21.ITEMORDER.COM/](https://centuryswimdive21.itemorder.com/)
- THE STORE CLOSES ON 8/23 AT 11:59 PM
 - THIS IS REQUIRED TO GET CLOTHING ON TIME DURING THE SEASON

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)
- [2021 TEAM WEBSITE](#)

RULES & EXPECTATIONS

- RULES:

- BE ON TIME (PRACTICES AND MEETS)
- NO UNEXCUSED ABSENCES
- ALL ATHLETES MUST ABIDE BY SCHOOL AND MSHSL POLICIES
- 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

TRAVEL

- TRAVEL RELEASE:
 - STUDENT ATHLETES ARE ENCOURAGED TO RIDE TO AND FROM AN EVENT ON SCHOOL PROVIDED BUSES
 - TRAVEL RELEASE FORMS ARE AVAILABLE IN THE ACTIVITIES OFFICE AND MUST BE SUBMITTED 48 HOURS PRIOR TO THE EVENT
 - [HTTPS://CDN4.SPORTNGIN.COM/ATTACHMENTS/DOCUMENT/8A4B-2257871/2020 TRAVEL CENTURY1.PDF](https://cdn4.sportngin.com/attachments/document/8a4b-2257871/2020%20TRAVEL%20CENTURY1.pdf)
- BUS PICK-UP/DROP-OFF FOR MEETS (@CENTURY)
 - PICK-UP BEHIND THE SCHOOL – DOOR TBD
 - DROP-OFF IN FRONT OF THE VOLLEYBALL CENTER
- NO FOOD ON BUSES – THIS IS A NEW REQUIREMENT THIS YEAR PER COVID RULES / GUIDELINES

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

IMPORTANT NOTES

- JIMMY JOHN'S (AWAY DUAL MEETS)
- GENERAL TEAM STORE: WWW.SWIMOUTLET.COM/CENTURYSWIMDIVE
- 2021 CLOTHING STORE: CENTURYSWIMDIVE21.ITEMORDER.COM
- TEAM PICTURE (8/27 – 4:15 PM, WILLOW CREEK)

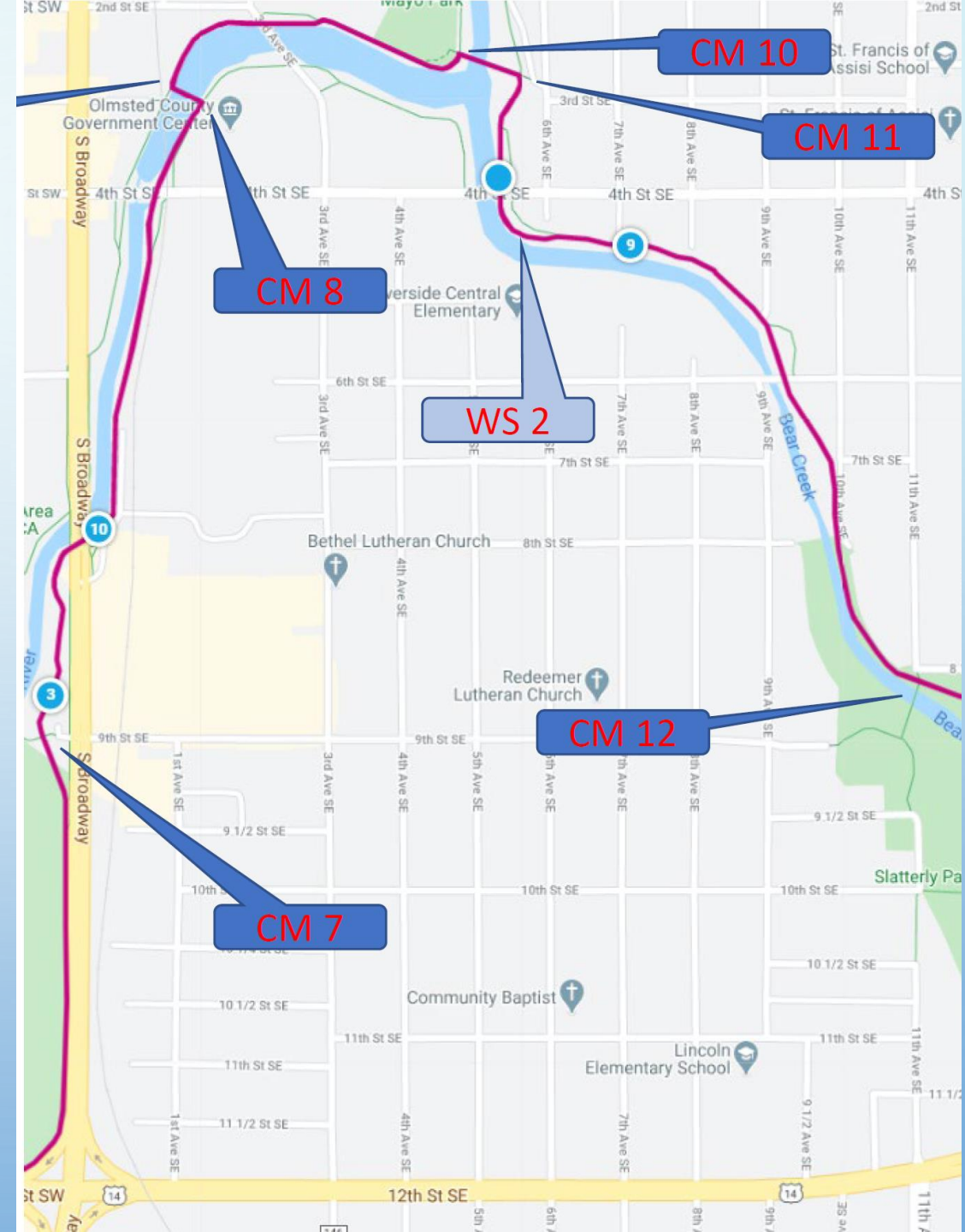
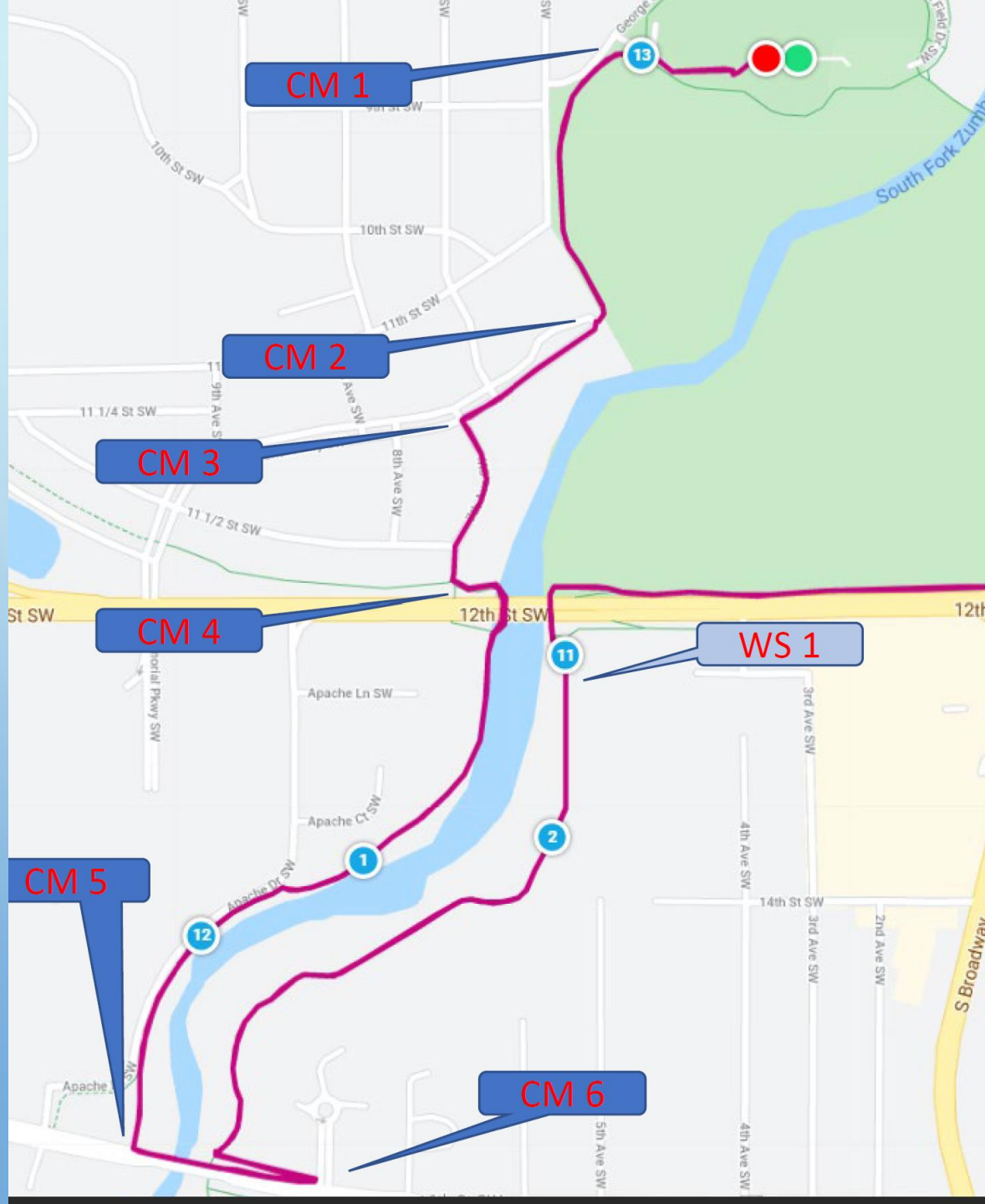
DONATIONS/FUNDRAISING

Item	Amount	Cost
Practice Caps	100	\$275.00
Meet Entry Fee: Section True Team		\$175.00
Meet Entry Fee: Lakeville Relays		\$125.00
Meet Entry Fee: Austin Invite		\$125.00
Meet Entry Fee: Maroon & Gold Invite		\$125.00
Duluth Travel (10/21)		TBD

HEALTHY HUMAN RACE

AUGUST 28, 2021

- ALL ATHLETES EXPECTED TO ATTEND
 - THIS IS A COMMUNITY EVENT AND A TEAM BONDING ACTIVITY
 - PARENTS ARE INVITED TO HELP – PLEASE CONTACT MEGAN IF YOU ARE INTERESTED
- CENTURY SWIMMING & DIVING HAS BEEN RECOGNIZED AS “THE BEST AID STATIONS” MULTIPLE YEARS IN A ROW.
 - FROM THE RACE DIRECTOR, *“SO APPRECIATED AND ALSO, LOVE THE FACT THAT THIS IS A TEAM ACTIVITY. IT REALLY HELPS US SO MUCH AND EVERY YEAR WE GET AMAZINGLY WONDERFUL COMPLIMENTS ABOUT YOUR “CHEER” TEAM.”*
- AID STATION 1 (WS1): WEST SIDE OF THE HYVEE PARKING AREA AND THE MAYOWOOD TRAIL.
 - EASY PARKING IN THE HYVEE PARKING LOT RIGHT IN THE VICINITY OF THE AID STATION.
 - RUNNERS WOULD PASS THROUGH THIS LOCATION AT APPROXIMATELY MILES 2.3 AND 11.
- AID STATION 2 (WS2): 6TH AVE SE INTERSECTS BEAR CREEK BIKE TRAIL ALONGSIDE BEAR CREEK.
 - THE RUNNERS WOULD BE PASSING THROUGH THIS AREA AT ABOUT 4 MILES AND THEN AGAIN AT ABOUT 9.3 MILES.



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