



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



## MARK YOUR CALENDARS

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

MONDAY – September 24, 2018

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

**DRYLAND: 3:30pm-4:30pm**

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

TUESDAY – September 25, 2018

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

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

WEDNESDAY – September 26, 2018

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

**DRYLAND: 3:30pm-4:30pm**

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

THURSDAY – September 27, 2018

SWIM MEET vs. Eagan

Meet Starts at 6:00pm @

**BUS LEAVES HOMS at 3:45pm for swimmers**

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

FRIDAY – September 28, 2018

\*\* For those going to Duluth the bus will leave HOMS @11:30am – information was distributed on Friday to those attending this meet, for those athletes not attending there will be **NO PRACTICE**

SATURDAY – September 29, 2018

**SWIM MEET** – Greyhound Invite @Lincoln Park MS (3215 W 3<sup>rd</sup> St - Duluth)

Divers depart for Warm-Ups at 7:00am / Diving will start at 9:20am

Swimmers depart for Warm-Ups at 11:00am / Swimming will start at 1:00pm

**\*\* We will be stopping on the way home for dinner – please send additional money for this stop \*\***

For those athletes not attending the Duluth meet there will be **NO PRACTICE**

**LAKERS**



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[FB Athletes](#)



[FB Parents](#)



[PLHS Activities Website](#)



[Email](#)

## Announcements from Coach Katie

1. **Vs. Lakeville South:** The Girls did it AGAIN! Another great win in the books after beating Lakeville South on Thursday (9/20/18) – the girls swam hard and the pool was LOUD! So exciting to watch – thank you to those who came to cheer them on especially in the lovely weather
2. **Duluth Meet:** For those athletes attending the Greyhound Invite in Duluth this weekend please submit payment for the trip by Wednesday September 26, 2018 – Cost of the trip is \$100.00 – check made payable to the GIRLS SWIM/DIVE BOOSTER CLUB
3. **Hutch Invite:** We had a great meet this past Saturday. The girls did a great job competing against some VERY tough competition with Visitation & Hutchinson. We placed 3<sup>rd</sup> this year!
4. **Homecoming 2018:** Please be responsible and make good choices this weekend. Do not do anything that may jeopardize all of your hard work thus far this season!
5. **Star Tribune Rankings:** Our team is currently ranked 6<sup>th</sup> in the State by the Minnesota Coaches Association. Let's keep it up! The meet vs. Eagan on Thursday is a BIG ONE!
6. **Elsmore Apparel:** Elsmore 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 Elsmore. 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. **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!
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!

**LAKERS**



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**Prior Lake vs. Lakeville South – 9/20/2018**



**LAKERS**



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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. Lakeville South are Kathryn Abney, Gabby Jensen, Jennifer Lein & Sadie Will



**LAKERS**



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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!!

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## REMINDER

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

**LAKERS**



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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  
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**LAKERS**