



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



**MARK YOUR CALENDARS**

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

MONDAY – September 2, 2019

Practice (swim & dive): 4:00pm-6:00pm @HOMS

**DRYLAND: NO Dryland**

TUESDAY – September 3, 2019

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

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

Practice (Swim & Dive): 4:30pm-6:15pm @HOMS

WEDNESDAY – September 4, 2019

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

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

Practice (Swim & Dive): 4:30pm-6:15pm @HOMS

THURSDAY – September 5, 2019

SWIM MEET vs. Apple Valley @6:00pm at Valley Middle School (900 Garden View Drive – Apple Valley MN)

**BUS LEAVES HOMS AT 3:45pm – BE ON TIME – THE BUS WILL NOT WAIT**

FRIDAY – September 6, 2019

Practice (Swim & Dive): 3:30pm-6:15pm @HOMS

SATURDAY – September 7, 2019

Prior Lake Invite @ 9:00am (diving) & 1:00pm (swimming) at HOMS

\*Divers should be at the pool by 6:45am. Diving competition will begin at 9:00am. Those swimmers that are competing in the meet must be at pool by 11:00am / Warm-ups are at 11:30am / Meet starts at 1:00pm and should be completed by 3:30pm\*

**LAKERS**



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



[FB Athletes](#)



[FB Parents](#)



[PLHS Activities Website](#)



[Email](#)



## Announcements from Coach Katie

1. **ATHLETES OF THE MEET:** Each meet the Captains choose ‘Athletes of the Meet’ – These are chosen based on performance, attitude and leadership shown at that meet – the Athletes of the meet vs. Burnsville are Natalie Kuboushek, Halle Nelson & Alex Peterson. What a great way to start off the season! The meet Thursday was incredible! I am so proud of these girls!! They have been working hard - getting stronger - and learning a lot. I can’t wait to see what these amazing young women are going to accomplish this season. I am so very proud!
2. **ELSMORE:** I was able to get the remainder of the team suits from Elsmore on Friday 08/29. They were handed out at practice. If your daughter still needs a Team Suit or the suit ordered does not fit please contact Elsmore Swim Shop in Apple Valley and they can help order one or exchange sizes for you. I should be getting the remaining Captain’s Apparel by the end of this week (09/06).
3. **TEAM FEES:** Please make sure you have paid ALL of your team fees as well as swim cap fees. The Booster Club NEEDS to get all fees turned in ASAP.
4. **SCHOOL ABSENCES:** As we head into the school year please make sure you are keeping me informed if you child will be out of school for ANY reason. As a reminder – IF they miss school they are NOT allowed to practice or participate in a meet. This is SCHOOL POLICY. The earlier you can let me know of an absence the better – please text me personally at this email: [katiehaycraft@gmail.com](mailto:katiehaycraft@gmail.com) to let me know of ANY absence.

**LAKERS**



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**Athletes of The Meet**

Prior Lake Vs. Burnsville

08/29/2019



**LAKERS**



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**THANK YOU**

Thank you to all of our families who have volunteered their time and donations to make the 1<sup>st</sup> Annual Pancake DINNER a great & successful time, as well as the Mock Meet/Picture Day and Team Sleepover Day.



**MOCK MEET DAY Photos**

[Mock Meet 2019](#)

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



**PLHS vs Burnsville**

[Prior Lake vs. Burnsville](#)

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



**Lakers in the News**

[Prior Lake Vs Burnsville IN THE NEWS](#)





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**UPCOMING HOME MEETS Sign-Up Genius**

[2019 Prior Lake Invite \(09/07/2019\)](#)



**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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**LAKERS**