



Prior Lake Girls Swim & Dive Team Weekly Update



MARK YOUR CALENDARS

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

MONDAY – August 19, 2019

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

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

DRYLAND – 8:30am-9:30am

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

TUESDAY – August 20, 2019

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

Pancake DINNER: 6:30pm-8:30pm at Jaden Clark's House (MORE INFO BELOW)

WEDNESDAY – August 21, 2019

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

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

DRYLAND – 8:30am-9:30am

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

Feed My Starving Children in Eagan

****BUS Departs HOMS at 5:10pm and will return to HOMS at 8:15pm – PARENTS please be at HOMS to pick up your children on time as the Coaches can't leave any child without their guardian there to pick them up **Sign up for Volunteer Positions BELOW**

THURSDAY – August 22, 2019

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

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

FRIDAY – August 23, 2019

Pictures: Arrive at HOMS by 11:00am – Athletes just need a dress as mentioned by Jennifer Lein at the meeting. **SENIORS BLACK DRESSES - CASUAL / ALL OTHER**

CLASSES SOLID COLOR DRESSES – CASUAL

Mock Meet: 5:00pm @HOMS

Team Sleepover: Following Mock Meet (see more info below)

SATURDAY – August 24, 2019

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

LAKERS



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



[FB Athletes](#)



[FB Parents](#)



[PLHS Activities Website](#)



[Email](#)

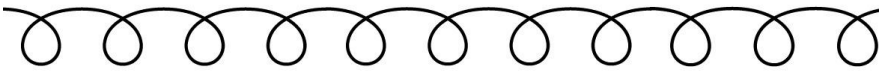
Team Bonding Pancake Breakfast FOR DINNER

[Sign-Up Genius - 2019 PLHS Girls Swim & Dive Team Pancake DINNER](#)



Team Bonding

Pancake (& Eggs/Bacon) Breakfast



WHEN: TUESDAY 08/20/2019

TIME: 6:30PM-8:30PM

WHERE: 5912 CROSSANDRA STREET SE (PL)

COME AND ENJOY SOME PANCAKES, EGGS, BACON & SAUSAGE WHILE GETTING TO KNOW YOUR FELLOW TEAMMATES & THEIR FAMILIES - THIS IS AN ATHLETE/FAMILY GATHERING

BRING YOUR SWIMSUIT & TOWEL AS THE POOL IS OPEN!

a sign-up genius link will be emailed out with supplies to be donated for this event



LAKERS



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Team Sleepover Information



**2019 SWIM TEAM SLEEPOVER/
POOL PARTY**



WHEN: Friday 08/23/2019

TIME: FOLLOWING MOCK MEET

WHERE: JADEN CLARK'S HOUSE

5912 CROSSANDRA STREET SE (PL)

BRING YOUR SWIMSUITS, TOWELS, BUG SPRAY, SLEEPING BAGS, AIR MATTRESSES, TENTS(IF YOU HAVE ONE), PILLOWS ETC

A SIGN UP GENIUS LINK WILL BE SENT OUT WITH GRADE LEVEL ITEMS TO DONATE FOR DINNER & BREAKFAST



LAKERS



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2019 PLHS Girls Swim & Dive Car Wash

A HUGE THANK YOU to ALL the athletes, parents, family, friends & dogs that came out and participated in the Car Wash this year – we had another successful year raising over \$1,000 for our Team ... Way To GO!!! TY Michael Lein for the amazing photos!

[Car Wash Photos Set 1](#) / [Car Wash Photos Set 2](#) / [Car Wash Photos Set 3](#)



Parent Apparel

The Team Parent Apparel Link will remain OPEN through FRIDAY 08/23/2019 @11:59pm. Make sure to get your order placed as this is the ONLY opportunity to order.

[2019 PLHS Girls Swim & Dive - PARENT Apparel Link](#)





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MOCK MEET VOLUNTEERING

The Mock Meet Sign-Up Genius will be sent out today

FEED MY STARVING CHILDREN VOLUNTEERING

[Feed My Starving Children Volunteer Sign Up](#)



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 2019-2020 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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