



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



MARK YOUR CALENDARS

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

MONDAY – September 16, 2019

DRYLAND: 3:30pm-4:30pm

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

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

TUESDAY – September 17, 2019

Practice (swim): 3:30pm-6:15pm @HOMS

Practice (dive): 4:00pm-6:15pm @HOMS

DRYLAND: NO Dryland

WEDNESDAY – September 18, 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 19, 2019

SWIM MEET vs. Eagan / **TEACHER APPRECIATION NIGHT**

ALL ATHLETES MUST BE ON THE POOL DECK NO LATER THAN 4:00PM

FRIDAY – September 20, 2019

Practice (swim): 3:30pm-6:15pm @HOMS

Practice (dive): 4:00pm-6:15pm @HOMS

DRYLAND: NO Dryland

SATURDAY – September 21, 2019

HUTCHINSON INVITE

** Divers will depart from HOMS at 6:30am

** Swimmers will depart from HOMS at 9:45am

- ONLY those swimming are required to attend. **ALL** team members are invited to come along and cheer on the team. We will be stopping for ice cream on the way home (please send money with your child)

LAKERS



Prior Lake High School Girls Swim & Dive Team Weekly Update



[FB Athletes](#)



[FB Parents](#)



[PLHS Activities Website](#)



[Email](#)

Announcements from Coach Katie

1. **THANK YOU:** Such a fun meet Thursday! I wanted to publicly thank everyone for helping this first home meet run so smoothly! I was running completely on my own with both Justin and Jess being gone. I am so thankful that Kimberly Kazika and Dave Thomas were able to be there to assist me with the girls. I truly appreciate all the girls arriving to the pool early to help me set everything up and they all got in the pool on time. I am grateful for the help of my table workers Jason Clark, Gail Haferman and Jenni Evavold who did an amazing job keeping things running smoothly at the table for me. Minh Quan did an incredible job running the timers and David Wolter stepped up to announce diving for us. Everything ran so well and I am so thankful for such an amazing group of parents!
2. **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. Lakeville South are Emma Bingenhiemer, Sophie Church and Harper Skinner
3. **RELIGION CLASSES:** If your daughter needs to leave practice early on Wednesday's for Religion Classes please email me at katiehaycraft@gmail.com to let me know
4. **COLLEGE VISITS/TOURS:** If your daughter needs to leave practice early or miss a scheduled practice for college visits and/or tours please email me at katiehaycraft@gmail.com to let me know
5. **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! Also PLEASE make sure your child is NOT going home in their wet suits – with the weather changing it will be too cold to go outside in wet clothing.
6. **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 email me personally at this email: katiehaycraft@gmail.com to let me know of **ANY** absence.

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Athletes of The Meet

Prior Lake Vs. Lakeville South
09/12/2019



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THANK YOU

Thank you to all of our families who have volunteered their time to make the 1st HOME meet of the Season a GREAT Success!

Prior Lake Vs. Lakeville South

[Vs. Lakeville](#)

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



LAKERS



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Prior Lake vs Eagan Sign Up Genius

[Prior Lake Vs Eagan \(HOME\) 09/19/2019](#)



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
- *Copyright © 2019 Prior Lake Girls Swimming and Diving, All rights reserved.*
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