



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



MARK YOUR CALENDARS

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

MONDAY – September 3, 2018

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

DRYLAND: NO DRYLAND

TUESDAY – September 4, 2018

Practice (Swimmers): 4:30pm-6:15pm @HOMS

Practice (Divers): 4:30pm-6:15pm @HOMS

DRYLAND: 3:30pm-4:30pm

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

WEDNESDAY – September 5, 2018

Practice (Swimmers): 4:30pm-6:15pm @HOMS

Practice (Divers): 4:30pm-6:15pm @HOMS

DRYLAND: 3:30pm-4:30pm

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

THURSDAY – September 6, 2018

SWIM MEET vs. Burnsville @6:00pm at HOMS

ALL Swimmers & Divers must be on the Pool Deck at 4:00pm!

FRIDAY – September 7, 2018

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

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

SATURDAY – September 8, 2018

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

*Divers warm-up schedule will be determined once we know how many divers are coming. 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

LAKERS



Prior Lake High School Girls Swim & Dive Team Weekly Update



[FB Athletes](#)



[FB Parents](#)



[PLHS Activities Website](#)



[Email](#)



Announcements from Coach Katie

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 North are Julia Wegener, Grace Netz, Izzy Ondracek & Hannah Quan. 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!

LAKERS



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



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!

.....
MOCK MEET DAY Photos

[2018 PLHS vs Lakeville North](#)

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

.....
REMINDER

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

LAKERS



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



UPCOMING HOME MEETS Sign-Up Genius

[SWIM MEET vs Burnsville \(09/06/2018\)](#)

[2018 Prior Lake Invite \(09/08/2018\)](#)



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 © 2018 Prior Lake Girls Swimming and Diving, All rights reserved.*
You are receiving this email because you either gave your email address to our communications coordinator or signed up on our website

LAKERS