



Prior Lake Girls Swim & Dive Team Weekly Update



MARK YOUR CALENDARS

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

MONDAY – August 20, 2018

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

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

DRYLAND – 4:00pm-5:00pm

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

TUESDAY – August 21, 2018

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

WEDNESDAY – August 22, 2018

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

DRYLAND – 4:00pm-5:00pm

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 at: [*Feed My Starving Children 2018*](#)

THURSDAY – August 23, 2018

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

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

FRIDAY – August 24, 2018

Pictures: Arrive at HOMS by 11:30am – Athletes just need their swimsuits and warm-ups (Katie is hoping the rest of the team suits will arrive by the end of this week in time for pictures)

Mock Meet: 5:00pm @HOMS

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

SATURDAY – August 25, 2018

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

LAKERS



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[FB Athletes](#)



[FB Parents](#)



[PLHS Activities Website](#)



[Email](#)

Apparel Update

There will be ONE LAST CHANCE to order Captains Apparel - the link will be open from NOW until MONDAY ONLY (08/20/2018). Unfortunately there have been an issue with the joggers so those are no longer available. Anyone that ordered some will be refunded.

[2018 Captains Apparel Link](#)

THANK YOU

Thank you to all that donated your time, energy, and food and water today at the car wash! The girls did great and we raised a total of \$959 that will get directly deposited in to our account! Thank you! I hope that the girls all get some rest this weekend. Think positive thoughts that the pool is ready for us on Monday! We had a great first week!

Car Wash Pictures

[2018 PLHS Swim & Dive Car Wash](#)

Thank you to Troy Bauer and Michael Lein for taking amazing photos of the girls at Saturday's Car Wash – we are lucky to have such amazing people to capture these moments!!





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Team Sleepover Information

Annual Girls Swim & Dive Sleepover

WHEN: Friday 8/24/2018

WHERE: 5912 Crossandra St SE (PL)

TIME: Following the Mock Meet

See Below on What to Bring

SENIORS: Chips & Crackers

JUNIORS: Muffins, Bagels & Cream Cheese, Fruit

SOPHOMORES: Taco Fixings (sour cream/lettuce/salsa/cheese)

FRESHMEN: Water, Juice Boxes, Juice for breakfast

MIDDLE SCHOOL: Desserts (cookies, brownies etc)

*Bring a Tent if you have one, pillow, sleeping bag, bathing suit as the pool is heated and opened, practice gear for the next day, warm clothes in case it is cool and to keep Skeeters away, bug spray and anything else you'd need for 'camping fun' *



LAKERS



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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 2018-2019 season please click unsubscribe [HERE: UNSUBSCRIBE](#)
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- **Our mailing address is:**
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LAKERS