## MINNEAPOLIS H.S. GIRLS SWIM AND DIVE – 2019 SEASON

**Coaches**

* **Head Coach:** Chris Aarseth, [Christopher.Aarseth@mpls.k12.mn.us](mailto:Christopher.Aarseth@mpls.k12.mn.us) , 612-290-6113
* **Diving Coach:** Cathy Taylor, [dcmpctaylor@msn.com](mailto:dcmpctaylor@msn.com), 612-702-7483
* **Assistant Coach:** Amy Yeager, [amy.yeager@mpls.k12.mn.us](mailto:amy.yeager@mpls.k12.mn.us), 507-276-4321

**Captains**

* Sigrid Schwarzkopf, [sbsmsp@gmail.com](mailto:sbsmsp@gmail.com) , 612-298-7126 (Parent Contacts: Leigh Ann and Erik, 612-310-6295)
* Riley Prinsen, [rileyprinsen@me.com](mailto:rileyprinsen@me.com) , 612-822-0068 (Parent Contact: Dawn, 612-296-8389)
* Elle Niebuhr, [elle.niebuhr@gmail.com](mailto:elle.niebuhr@gmail.com) , 612-214-6722 (Parent Contacts: Leigh and Jess, 612-790-8879)
* Ping Reinikka, [preinikka4@gmail.com](mailto:preinikka4@gmail.com) , 612-749-3959 (Parent Contact: Kate, 612-719-2484)
* Olivia Walton, [oliviaewalton@gmail.com](mailto:oliviaewalton@gmail.com) , 612-747-7007 (Parent Contact: Tim, 612-819-5882)
* Peyton D’Emanuele, [peytonjdemanuele@gmail.com](mailto:peytonjdemanuele@gmail.com) , 612-747-2821 (Parent Contact: Nicole, 612-877-2922)

**Schedule** can be found at[**www.minneapolisswimanddive.com**](http://www.minneapolisswimanddive.com)and hard copies at parent meeting

**Important dates:**

* August
  + 1 southwest fall sports registration night 6-8
  + 5-8 captain’s practices 9-11 Pershing Park (Wednesday beach day-contact captains for details)
  + 12 first day of practice
  + 20 parent information meeting at Southwest High School
  + 23 first meet – Lakeville
* September
  + 14 Laker Invite – St. Kates
  + 21 Maroon and Gold meet
* October
  + 5 True Team Sections
  + 26 JV championships
* November
  + 7-9 Sections
  + 14-16 State
  + 17 end of season banquet

**Apparel** can be ordered soon. A link will be added shortly and sent by email.

**Suits** can be ordered at <https://elsmoreswim.com/teams/minnesota/highschool/minneapolis-southwest.html>

Team suits are required, and warmup jackets are highly encouraged - swimmers get cold easily on pool decks when they’re wet! If anyone needs financial assistance with the suits, please contact the coach. T-shirts are also greatly encouraged for swimmers and parents to show support for the swim team. No apparel is required, but it is a great way to support the team.

**Pasta Parties** are typically held once a week before meets. An invitation will be sent via SignUp Genius. We encourage you to team up with another family to host a party.

**Volunteering** is critical. Since the team doesn’t do formal fundraising, we make our money by hosting one swim meet and selling concessions at home meets. You will receive an invitation via SignUp Genius to help.

**Important Information and Resources**

* Team website: [www.minneapolisswimanddive.com](http://www.minneapolisswimanddive.com) for basic information as well as handbook.
* [Signup for Google Group emails: swswimfans@googlegroups.com](mailto:Signup%20for%20Google%20Group%20emails:%20swswimfans@googlegroups.com)
* Facebook: Minneapolis Southwest Lakers Swim and Dive: An open group for SWHEN swim fans
* Facebook: The additional Southwest Girls Swim Team group is inactive.
* Instagram: @swgirlsswimanddive
* Meet Mobile: You can follow most meet results using an app called Meet Mobile.
* USA Swimming: <http://www.usaswimming.org>
* Minnesota High School Swimming: <http://www.mshsl.org/mshsl/activitypage.asp?actnum=417>
* Text updates for parents and swimmers: Girls <https://www.remind.com/join/coachaar>

Boys <https://www.remind.com/join/coachaars>

**Booster Club** needs you. Duties are light and it’s a great way to meet other parents while supporting team and coaches. For more information about the girls’ season, contact [leighann@olsons.net](mailto:leighann@olsons.net)