

MINNEAPOLIS H.S. GIRLS SWIM AND DIVE – 2018 SEASON

Coaches

- **Head Coach:** Chris Aarseth, Christopher.Aarseth@mpls.k12.mn.us , 612.290.6113
- **Diving Coach:** Cathy Taylor, dcmpctaylor@msn.com, 612-702-7483
- **Assistant Coach:** Amy Yeager, amy.yeager@mpls.k12.mn.us, 507-276-4321

Captains

- Mae Niebuhr, maeniebuhr28@gmail.com , 612.790.9671 (Parent Contacts: Leigh and Jess)
- Fiona Schultz, fionaschultz1@gmail.com , 612.599.9078 (Parent Contact: Mary)

Schedule can be found at www.minneapoliswimanddive.com and hard copies at parent meeting

Important dates:

- August
 - 6 captain's practices
 - 8 registration forms due
 - 12 parent information meeting
 - 24 first meet – Lakeville
- September
 - 15 Laker Invite – St. Kates
 - 22 Maroon and Gold meet
- October
 - 6 True Team Sections
 - 27 JV championships
- November
 - 8-10 Sections
 - 15-17 State
 - 18 end of season banquet

Apparel can be ordered at <http://www.elsmoreswim.com/index.php?tid=153>

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.minneapoliswimanddive.com for basic information as well as handbook.
- Signup for Google Group emails: swwimfans@googlegroups.com
- Facebook: Minneapolis Southwest Lakers Swim and Dive: An open group for SWHEN swim fans
- Facebook: A captain must add the swimmers to this group
- 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 for girls season, contact leighann@olsons.net