

July, 2019

## Lakeville North & South Girls Swimming & Diving 2019 – 2020



### **Dear Varsity/Junior Varsity Swimmer/Diver:**

The high school swimming & diving season is fast approaching and the coaching staff is looking forward to seeing all of you. The seniors have been making plans to make this season really fun. Every one of you is important to our team and it is important for all of you to prepare for the challenge and fun that the season will bring.

Because our school district has not built a second competitive pool Lakeville North and Lakeville South will once again be sharing pool time. As in the past we will continue to train together and follow the same practice schedule.

### **Lakeville North and Lakeville South Team's will be competing separate dual meet schedules.**

Home conference meets will be only two teams. While one of our Lakeville teams host a home meet the other team will be at an away meet. For example: Our first scheduled conference meet this year will be Thursday, August 29, 2019, Lakeville North will be hosting Apple Valley at home and Lakeville South will be competing at Eastview.

The middle school swimming & diving team was reinstated. Depending upon how many athletes come out for the team, it may be necessary to make roster adjustments between the middle school, JV and varsity teams to make room for all who join the team. The coaching staff would prefer to not have to make such adjustments and truly wish our school district would build a second varsity competitive Swimming & Diving pool. A new pool would prevent such adjustments and make sure cuts would never have to take place. The coaching staff will provide the team and parents an update at the season opening "pot luck" team meeting, Thursday, August 15, 2019.

This year both Lakeville North and Lakeville South have been assigned to swim in Section 1AA. The nine schools that have been assigned Section 1AA are as follows: Farmington, Hastings, Lakeville North, Lakeville South, Northfield, Owatonna, Century, Mayo, and John Marshall.

Opening day will be Monday, August 12, 2019. The first day the swimmers will practice from 8:30 AM to 11:30 AM at the Kenwood Trail Middle School Pool. All varsity team members (9th-12th graders and all middle school athletes who were with JV/Varsity last year) are expected to be in attendance. Once school starts we will practice from 2:45 (after school) to 6:00 PM

This year before the start of the school year Coach Moulton will be running both a morning diving workout from 8:00 to 11:00 AM and an afternoon diving workout from 2:00 to 5:00 PM. at the McGuire

Middle School Pool. Please contact Coach Moulton at [derek.moulton@isd194.org](mailto:derek.moulton@isd194.org) for more information about diving practice prior to the start of the school year. He will explain how he plans to use the two practice times.

Please make sure you have completed your registration and your fee is paid before the first practice. You will not be allowed to practice until your forms, fee, and physical requirements have been taken care of! New physicals are required for participation of all seventh graders and sophomores or anyone who has not had one in the last three years! If you are not sure if you need a physical, check with your athletic office to see if you are up to date. If you need a physical you will have to make an appointment with your own doctor. Do not delay or the start of your season may be pushed back weeks; you will not be allowed to practice until the school has your physical on file!

This is the link to register online and pay your fee: <https://isd194.feepay.com/> If you are on free or reduced lunch you must still sign up through Fee pay, then you will need to contact the activities office to complete the registration process.

This must be done before the first day of practice which is Monday, August 12, 2019. Please do not wait until a few days before the season to register. The activities office become overwhelmed with last minute registrations and your participation could possibly be delayed until your name has officially been added to the team roster.

Lastly, to prepare for the upcoming season the coaches recommend that you write to the following email address and request to be added to our team email list: [Lakeville.girls.swimming@gmail.com](mailto:Lakeville.girls.swimming@gmail.com). This will ensure that you are kept up to date during the season.

Together we will make this season great! See you all soon!

### **Varsity Letter Time Standards 2019**

200 Free	2:14.99	100 Free	1:02.99
200 IM	2:29.99	500 Free	6:09.99
50 Free	27.99	100 Backstroke	1:09.99
100 Fly	1:11.99	100 Breaststroke	1:19.99

Yours truly,  
Coach Ringeisen  
Coach Schneider

Lakeville South Athletes or parents who have questions may call Coach Ringeisen at the following number: 952-469-4758 or e-mail Coach Ringeisen at [richard.ringeisen@isd194.org](mailto:richard.ringeisen@isd194.org) or [rringerr@aol.com](mailto:rringerr@aol.com)

Lakeville South team webpage: [Cougarswimdive.org](http://Cougarswimdive.org)

Lakeville North Athletes or parents who have questions may call Coach Schneider at the following number: 651-457-8806 or e-mail Coach Schneider at [daniel.schneider@isd194.org](mailto:daniel.schneider@isd194.org) or [swimschneider@comcast.net](mailto:swimschneider@comcast.net)

Lakeville North team webpage: [Pantherboosters.org](http://Pantherboosters.org)