

Osseo Girls Swim & Dive Spring Meeting – 2024

Coaches:

Linsi Jagger – Head Coach ljagger01@hotmail.com

Melissa Meier– Asst Coach meierm@district279.org

Kari Borders– Asst Coach bordersk@district279.org

Andrea Gross – Diving grossa@district279.org

Elena Ebert – Dryland Coach

2024 Captains:

Lizzy Boadu

Jenna Schlickbernd

Important Info:

- Oshorioles.org - search for Girls Swim and Dive
- Download the Sports Engine App for your phone for direct communication
- **August 5-9** - Tentative Captain's Practices. Exact days and times TBD.
- **August 12th** - First day of the season.
- Registration will open August 1st. Athletes must be registered to be able to practice first day. All registrations to be completed through your school fee pay. Co-op and homeschool students should contact AD office directly for help registering. Megan McDonough –McDonoughM@district279.org or 763-391-8600
- Don't forget to schedule your sports physical if you need one.
Summer Intro to Swim Clinic – June 25th 3-5:30pm. For new/beginner swimmers
<https://www.maplegrovern.gov/337/Registration>
- Encourage your friends to join!!

Summer Training Options:

- NHCP swim team -
<https://www.teamunify.com/team/mnnhcp/page/home>
- Great Wolf Swim Team -
<https://www.teamunify.com/team/mngwst/page/home>
- Lifetime Swim Team-
<https://www.teamunify.com/team/mnlmtst/page/home>
- High School warmup Swim courses through City of Brooklyn Park with Coach Kari - <https://www.brooklynpark.org/youth-teens/swim/>
- ABC Diving Team- <https://www.abcdivingmn.com/>

Equipment for Swimmers:

Required:

- 2 Practice Caps
- 2 Goggles
- Practice Suit
- Team T-Shirt*
- Competition Suit*
- Team Swim Caps* (Swimmers only)

**to be purchased in August in group order*

Optional:

- Kickboard
- Pull Bouy
- Fins (Varsity only)
- Front Snorkel (Varsity only)
- Hand Paddles (Varsity only)

Tentative Practice Schedule

Swimmers: August: JV and Varsity practices Mon- Fri 8-10am, Dryland Sat 7:30-9am

September through end of season: JV-3Mon-Fri 3-4:30pm,

Varsity - 3-5:30pm Pool, Dryland -Tues 5-6pm, Sat 7:30-9am

Diving: TBD

Tentative 2024 Meet Schedule

August 22 – Conference Relays -Swim @ Northdale

August 22 – Conference Relays -Diving @Centennial

August 29 – Away vs. Blaine

September 12 – Home vs Coon Rapids

September 14 – Tartan Invite

September 19 – Home vs Maple Grove

September 24 – Home vs Tartan

September 26 - Away vs. Centennial

October 1 – Home vs. Spring Lake Park

October 12 – True Team Sections @Wayzata

October 8 – Away vs Armstrong

October 15 – Away -Conference Championship (crossover meet)

October 26 – JV Champs @Maple Grove

November 7-9 – Varsity Sections @Minnetonka East Middle School

November 14-16 – State @ UofM