

Calendar Notes – Girls 2025

Practice Info: Practice structure: 5-10 min team meeting/building, ~30 min dry-land, 5 min transition time, 90+ min water workout. The weeks before school are a little longer. We have a few extra activities to do. There are a few days in there that are different or have bold lettering. There are activities on that day. Please reference your calendar. You are expected to be at non-school day practices. New this year I threw in a few Saturday practices. These are extra if you can be there. Extra water time for fun sets.

Aug 13th – Car Wash Posters – After practice we'll go to the middle school cafeteria and make car wash posters. Supplies will be provided by our booster club!

Aug 14- Parent Meeting – We will be having a parent meeting in lecture hall at the High School to discuss and go through the athlete and parent expectations. This meeting will be at 7pm. Each athlete and a parent/guardian are expected to be there.

Aug 16 – Car Wash – We will be doing a car wash fundraiser from 10:30am-1:00pm. The girls need to be there by 10:15am. If it is busy at 1:00pm we will finish the cars that are there. The girls will need to stay and help. It will be in the Farmer's parking lot next to McDonald's. We need the girls to spread the word and bring towels. A flyer will be posted on the website and in band.

Sept 9 – Team Support/Connect – Each year we are paired up with another HHS sport. This year we are teamed up with Cross Country again. We will attend one of their meets and they attend one of ours. The girls will need to coordinate their own transportation to and from the CC meet. It will be at St Croix Bluffs Regional Park. We will head to the CC meet after Yoga.

Sept 26 – Homecoming! – On this day, everyone comes to AM practice, we will only do an hour of dryland in the afternoon. Please plan to be there.

Sept 30 – Parents Night – This is the meet we honor our parents for all the hard work that they do for us. We do a little presentation of the parents in the middle of the meet and have a little gift for you.

Oct 9 – Senior Night – At this meet we honor our seniors for their years of dedication to our team. We will do a little senior presentation in the middle of the meet.

Oct 10/11 – True Team – We are in a different section this year. Section 4A. I am not sure on the location or the timing. We should know three weeks before the meet.

Oct 24 – JV Conference – This is the final meet for the JV kids. We are hosting this year. Anyone participating at the JV meet will not practice this day. If they are not in the JV meet, there will be required practice. We also need the Varsity kids to stay and help with the meet.

Oct 25 – Diving Invite – This is our 10th year doing the diving invite. The meet will start at 11:00am. Warm-up will be flighted once we know how many teams will be there. We will need a few of the swimmers to be at this meet to help with concessions and other small jobs. We may try to have swim practice after the diving meet.

Oct 27 – JV Party and Equipment Turn In – This is for our JV kids to come back to the pool and do their Secret Sister gifts, have a treat, turn in their stuff, and clean out their lockers.

Nov 5 - 7 – Sections – This year's section meet is at North St Paul. The top 16 finalists make it back for Friday's meet. Diving will be held on the 9th. We are in section 4A this year. More info to come as it gets closer. The meet is usually in the evening. We can only bring 4 people in each event and one relay to sections.

Nov 10 – Section Party / Equipment Turn In – This is for our section kids to come back to the pool and do their Secret Sister gifts, have a treat, turn in their stuff, and clean out their lockers.

Nov 13 - 15 – State – Hurray! Top 2 finishes in swim, and top 4 finishes in dive, at sections, qualify for state meet. You can also qualify with time cuts. More info to come as we qualify. We are in Class A this year. The state meet will start at noon.

Nov 17 – Equipment Turn In – This is the last day that the athletes can turn in their equipment. If it is not turned in by this day, they will be put on the fine list and not able to take finals until it is taken care of. Once each athlete's season is complete, they can turn in their lock and parka.

Late November/Early December – End of season banquet – This is usually on the first week in December. We have to look at the school music schedule and see what date will work. More to come.

Volunteering – At some point in the season we will need to do a volunteer project. I am still finalizing that.