

Calendar References – Girls 2023

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. As we near the end of the season our practices will end earlier. Please reference your calendar. You are expected to be at non-school day practices.

Aug 16- 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 19 – Car Wash – We will be doing a car wash fundraiser from 10:30am-1:00pm. The girls need to be there by 10:15am. 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 – Swim & Dive Invite – We are hosting a swim and dive invite. Diving will start at 9:00am and Swimming will start at 12:00pm. We will need all hands-on deck that day. We will need volunteers to help make our meet successful.

Sept 12 – Team Support/Connect – Each year we are paired up with another HHS sport. This year we are teamed up with Cross Country. 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.

Sept 28 – 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. We will have a treat with parents, athletes, coaches, and siblings in the pool area after the meet.

Sept 29 – Homecoming! – On this day, if everyone comes to AM practice, we will only do an hour of dryland in the afternoon. Please plan ahead.

Oct 6-7 – Team Overnight – We are planning on a team trip to Chippewa Falls this year. More info to come. We will have a team/parent meeting the week before we go.

Oct 12 – Senior Night – At this meet we honor our seniors for their years of dedication to our team. We will do a little senior presentation at the middle of the meet.

Oct 13-14 – True Team – This meet is True Team Sections. We will be hosting the True Team meet. The diving will be held on Friday, Oct 13th in the evening and swimming on the morning of the 14th. More details to come.

Oct 28 – JV Conference – This is the final meet for the JV kids. Anyone participating at the JV meet will not practice this day. If they are not in the JV meet, there will be required practice.

Oct 28 – 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.

Oct 30 – 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 8, 9, 10 – Sections – This year's section meet is at Two Rivers. The top 16 finalists make it back for Friday's meet. Diving will be held on the 9th. We are in section 3AA again this year. More info to come as it gets closer. The meet is usually in the evening and in Two Rivers High School. We can only bring 4 people in each event and one relay to sections.

Nov 13 – 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 17 thru 19 – 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.

Nov 20 – 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.

Early December – End of season banquet – This is usually on the first Monday 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 figuring that out. I am hoping to connect with United Way. If you have any suggestions of volunteer opportunities, please pass them along.