

The background features a white central area. On the left, there is a large, irregular shape composed of a dense pattern of small dots in shades of gold, brown, and light pink. On the right, there are several overlapping, semi-transparent geometric shapes in various shades of blue, creating a modern, abstract design.

Hastings Raiders Swim & Dive

Girls Parent Meeting 2022



Katie McAlpin – Head Coach

"I coach with commitment and integrity to help young people be passionate, gain confidence and have a positive sport experience."



Briana Aarness – Diving Coach

"I coach to help boys and girls have a positive experience with sports and to be a role model that will help them grow into confident, healthy, caring adults."





Joe Haas– Assistant Coach

“I coach with integrity and moral courage to help student-athletes persevere to reach their goals with an unwavering work ethic.”



Dylan Anderson – Volunteer Coach

"I coach through accountability and a strong work ethic to help my team learn respect and concern for others."

Stay Connected

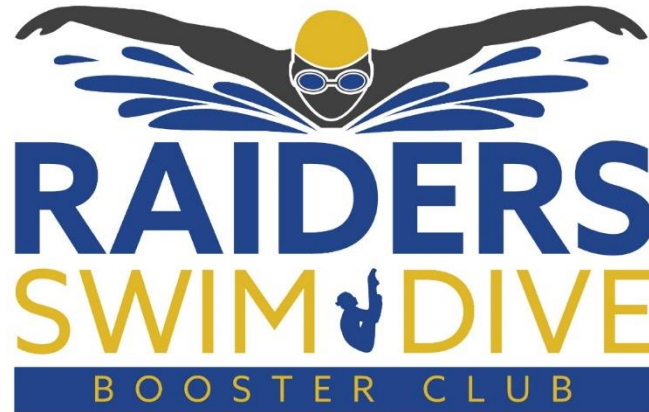
Links

Team Website	https://www.hastingsathletics.org/page/show/2598366-swimming-and-diving-girls-all-seasons-
Booster Website	https://www.hastingsathletics.org/page/show/2602630-booster-club?subseason=305890
Facebook	https://www.facebook.com/HastingsRaidersSwimDive/
Instagram	https://www.instagram.com/raidern_swimdive/
Band App	QR Code on website and in handbook
Sign Up Genius - Meet Volunteer	https://www.signupgenius.com/go/4090848afac28ab9-timers3#/
Sign Up Genius - Team Dinners	https://www.signupgenius.com/go/4090848afac28ab9-boys#/
Sign Up Genius - Driver for Card Sale Blitz November 4th	https://www.signupgenius.com/go/4090848afac28ab9-fundraising#/
Sign Up Genius - January Meet Raffle at Dugarel's	https://www.signupgenius.com/go/4090848afac28ab9-duggarels#/

Weekly emails will be sent out on Sunday nights.
Let Katie know if you are not getting them.

Raiders Swim & Dive Booster Functions

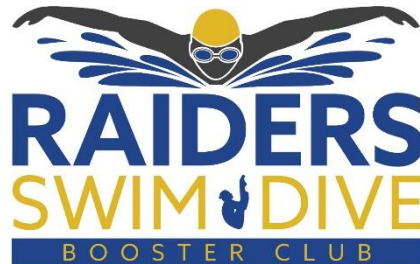
- ▶ Here to support the Hastings Raiders Swim and Dive Teams
- ▶ Makes the Summer Swim program possible
- ▶ Organize functions
 - ▶ Fundraisers
 - ▶ Team outings
 - ▶ Parent night
 - ▶ Senior night
 - ▶ Apparel
 - ▶ Equipment
 - ▶ Coaches wish lists
 - ▶ Volunteering
 - ▶ Finances
 - ▶ Banquets



Raiders Swim & Dive Booster Members and Fundraising

Board Members	
Ole Aarness	Chair
DawnMarie Vihrachoff	Vice Chair
Josh Salzman	Treasurer
Todd Herbst	Fundraising Chair
*Paul Watterson	Volunteer Chair
*Kate Jenkins	Activities Chair
Jean Herbst	Secretary
Angela Salzman	Social Media Manager
Aaron Schalk	General Member
Katie McAlpin	Advisor/Coach
Briana Aarness	Advisor/Coach
*Will Need New Board Member Soon	

Club Fundraisers	
Spiral Brewery Tap Room Takeover	August 17th 6-9 PM Adults Only
Car Wash	August 19th, Girls only
Papa Murphy Cards	October, athletes sell
Dugarel's Meat Raffle	January, adults and athletes
Solicitation Letters	Annually by Board Members
*2023 Fundraising efforts are for the Girls Team Trip	



Team Apparel

- The seniors/coaches will be working on a team shirt for the season. More info coming soon.
- We will be going through Advanced Sports Wear. They will set up an online store for us. Ordering will be open August 21-31. There is a two or so week turn around.



Team Outing

This year we are planning a team over night to Chippewa Falls.

Friday, October 6th- Saturday, October 7th

Meet will be Friday night at 6:30pm

We will be taking a bus

Team activities on Saturday are still being worked out

There will be a mandatory Parent/Athlete meeting

This is what some of our fundraising dollars are going to

Volunteering and Partner Team

Each year we are required to do a volunteer opportunity as a team. We also partner with another HHS team to support them and see how their sport goes.

In past years we usually volunteer at the Hospital Auxiliary Bazaar. This year they do not know if they are going to need us due to covid. I will know mid October if we get to go back for this. We are usually in charge of the kid's stuff.

Our partner team is HHS Cross Country team. We will go to their meet on Tuesday, September 12th. We will have a dryland workout and then head to the CC meet. You are responsible for your transportation.



Expectations ~ Practice - Meets -
Fundraisers - Outings - Communication



Attendance ~ Practice - Late -
Excused - Meets



Transportation ~ 24-hour rule - Riding
with teammates - Coordinating Rides



Social Media ~ Positive - Tagged -
Community - Hazing - Violations

Lettering Policy

Swimming

90% of all practice/meets

50 varsity points

Make Section Finals

Coaches Consideration

Each am practice in $\frac{1}{2}$ a letter point



Diving

90% of all practice/meets

35 varsity points

11 dive list

Score 150+ twice in season on 6 dive

Coaches' consideration

Things we need from you!

Cap orders - Due
Thursday, Aug 17

Suit order - Due
Friday, Aug 18

Team warm up
order- Due Friday,
Aug 28th

Handbook/Meeting
Signature by
Wednesday, Aug 30

Get us your email if
you are not
receiving the team
emails

Check out apparel
site - Coming Soon

Team shirt order
coming soon

Sign up for timing -
Sign up Genius

Sign up to host a
team dinner if
interested

\$10 Donation to
Booster Club for
Bag Lunches

Get on the team
Band App for day of
updates

Sign up for
fundraising
volunteering



Questions????



We are looking
forward to a great
season!