

July 1, 2016

## Lakeville North & South Girls Swimming & Diving 2016 – 2017



### 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.

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

This year's 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 meets this year will be Thursday, September 1, 2016, Lakeville North will be hosting Eagan at home, and Lakeville South will be at Rosemount.

This year, the middle school swimming & diving team has been 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 so that 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, Wednesday, August 17, 2016.

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

Opening day will be Monday, August 15, 2016. The first day the swimmers will practice from 8:30 AM to 11:30 AM at the Kenwood Trail Middle School Pool and the divers will practice from 1:00 to 3:00 PM at the McGuire Middle School Pool. All varsity team members (9th-12th

graders and 2015 gifted athletes) are expected to be in attendance. Once school starts we will practice from 2:45 (after school) to 6:00 PM

Please make sure your fee is paid and all the necessary forms are turned into your high school athletic office 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!

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

### **Varsity Letter Time Standards 2016**

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 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)**