

WELCOME TO EHS GIRLS SWIM/DIVE

Nice to Know Information for Incoming Athletes and their Families

The season is busy, but friends and memories are made that will last a lifetime!

Head Coach: Andrew Michelson

Assistant Coach: Karl Kindseth

Diving coach: Kylie Sieben

Strength/assistant coach: Shane Garrahan

Communication: There are several ways that information is distributed to EHS swim/dive athletes and families.

- EHS swim/dive email – used by head coach and the girls' Booster Club president to distribute timely information pertinent to the girls' team. Andrew sends a Sunday email each week.
- EHS swim/dive website – all information is kept current on the website
- Twitter account – follow EHS swim/dive on Twitter @EaganSwim_Dive
- Instagram swim account - eagan.swim.dive
- Instagram diver account - ehsdive
- EHS swim/dive listserv – generally used to send messages to both the girls and boys swim/dive teams, including alumni athletes and families. Sign up on the EHS girls website under “mailing list” on the homepage. Send email to eagangirlsswimdivebc+subscribe@googlegroups.com.
- REMIND text messaging - to receive important texts and reminders from coaches and captains via text, please text @ehs19sd to 81010

Expenses: Despite the fact that there is an athletic fee (which goes fully to the school) for participating in EHS swim/dive (and any high school sport) there will be other expenses.

- Each family is asked to pay a Booster Club fee of \$140. This fee is required for all. This fee contributes towards team equipment, transportation costs, and individual items such as swim bags for new swimmers, team suit, athlete banquet fees, team food after meet and spirit items (items purchased by the captains throughout the year for team activities).
- Team Apparel: Swimsuit (\$65, paid for by the booster, required), team t-shirt (\$10, required), team jacket (\$65, required), and sweatpants/sweatshirt (optional~ \$61), team caps (\$15), end of season (conference, sections, state) t-shirt (optional~\$5). All costs are subject to change.
- FYI: Team swim bags are purchased by the booster and given to each new team member. These bags are for the girls to keep forever and use throughout their swim career at EHS. Team parkas are distributed during the season but must be returned (washed) at the end of the season.
- Parent Apparel: parent t-shirt (optional~ \$12/cotton, \$14/performance, \$25/polo shirt, \$12/cap).

- Secret Sister gifts: Each girl has a secret sister and \$5 gifts are given at each home meet (generally 4 home meets). The final secret sister gift is given at the last home meet and that gift is generally in the \$10-\$15 range.
- Meet Admission: It costs around \$7 to attend the swim/dive meets both home and away. If you purchase a fall activity pass through EHS this will cover entry fees to all home/away meets. On deck volunteers at home meets do not need to pay the admission fee.
- Senior Night: Each family contributes \$5/person towards the pizza dinner.
- Banquet: The end of the season banquet is generally about \$25/person. Swimmers and divers banquet meal fee is paid for through the booster club fee paid at the beginning of the season. The end of season banquet is held at the end of November or the first week in December.
- Photos: Individual and team photos (variable depending on package) and team panoramic (about \$20) may be purchased if desired.
- Video: Karl often makes an end of the season video.

Team Bonding: The girls' swim/dive season begins in August approximately three weeks before school begins. During this time the team captains plan many events to encourage "team bonding": bonfires, poster making, breakfast at Perkins, apple orchard visits, tie-dye t-shirts, etc. These are meant to be a fun way to bond and promote team spirit.

- Attending team-bonding events is encouraged but not required.
- It is a good idea to leave your calendar free of appointments after August 13th so that your daughter can attend as many fun social events and as often as she'd like!
- Most of these events will be pre-planned but some of them will come up spontaneously! Keep an eye on the website for any changes/additions.
- Team bonding continues sporadically throughout the season!
- The older girls will often offer to drive the younger girls. Be aware that, unfortunately, this is often poorly planned and as a parent you should be aware of the driving situation and confirm driving arrangements.

Practice: The practice schedule is posted on the EHS girls swim/dive website.

- The practice schedule remains fairly constant but does adjust occasionally. Changes are communicated through Remind, updated on the website calendar, and emailed or sent via text or email from the coach.
- Practice over MEA (third week in October) is required.
- The girls have dryland as part of their practice time. Once school starts dryland lasts about 30 minutes prior to getting into the pool. 8TH graders are unable to attend dryland practice since they are not dismissed from school until 3:00.
- The girls will not have much time after school before dryland and practice to complete homework.
- Swim bags may be kept in the attendance office, in lockers, or have your daughter ask her PAWS teacher to store it for them. The attendance office does not always allow bags to be stored.

Swim/dive meets, general information: Plan on 1 swim meet per week during the regular season. Weekend invites are possible. Check the swim/dive website for scheduling.

- Conference dual meets are held during the week, usually on a Tuesday or Thursday evening. Invitational meets and True Team meets are held on Saturdays. Championship meets (JV Champs-Saturday afternoon and Sections-Wednesday/Friday evening) are held at the end of the season. Swimmers and divers qualify for the state meet at the sections meet.
- The swim/dive schedule and results can be found on the EHS swim/dive website [EHS Girls Swim and Dive Website](#) under the “schedule” tab.
- JV and Varsity meets take place together. For each event, the first heat is JV and the second heat is Varsity (occasionally there are also exhibition heats prior to the JV heat). JV and Varsity are scored separately.
- Parents wear their team apparel to all meets showing their Wildcat Pride!

Home Meets: Home meets start at 6pm and last 2-2.5 hours. If you are new to High School swimming, the diving portion of the meet takes place midway through the meet. It is very important to remain quiet during diving!

- Home meets are run completely by the parents so there are many opportunities to volunteer.
- Volunteer opportunities: Descriptions, and link to SignUp Genius can be found on the EHS girls swim/dive website under the “Volunteer Tab”. Volunteering to be a timer is an easy place to get involved and you gain free entry into the meet!
- Secret Sister gifts: Gifts are exchanged between the girls at home meets only. Each girl brings her secret sister a small gift in a gift bag and discreetly arranges for a team member to deliver it for them.
- Spirit Dressing: The captains decide upon a theme before each home meet and all the girls dress up during the school day in the appropriate theme. Themes include cowgirl day, princess day, “blue out” or “white out”. Dress-up days are communicated from the captains.
- Potlucks: Following each home meet the entire team, their families, and coaches gather in the EHS cafeteria for an optional potluck dinner. Each family is assigned an item to bring based on athlete last name, which is dropped off prior to the meet in the cafeteria (there is a potluck coordinator). If you are unable to attend or bring your assigned item you can make prior arrangements with the potluck coordinator to cover your item for the meet. Potlucks are a fun way to get to know one another outside of the pool and also a place where information is communicated from the coaches and Booster Club president.
- Senior night: The senior class is honored around the week of the last home meet of the season. Previously, we had honored the Seniors at the last home meet of the season with a short presentation of each senior with her family prior to the start of the meet and a dinner with senior speeches to follow. The potluck dinner is traditionally pizza. Following dinner each senior is honored with a gift and a short speech from an underclassmen. More recently, we have done the dinner after a practice to allow the girls

more time to spend with their teammates but still honored the Senior and her family at the last meet.

Away Meets: Dual meets generally start at 6pm. Swim Invites generally start at 1PM if they fall on a Saturday afternoon, however, divers may start earlier.

- At some of the away dual meets, divers compete earlier than 6pm or at a different location. Divers need to arrange their own transportation to and, sometimes from, these away meets. Julie will be in touch with the divers when this is the case.
- The girls take a bus to and from all away meets. The bus will bring the team to the EHS lower east entrance where they can be picked up.
- Directions to all schools and pools (typically at middle schools) are available on the website.
- Invitational swim meets often allow only 3-4 swimmers per event so some girls will not swim. Of course, attendance is encouraged for the entire team!!
- Pasta Feeds are hosted for the entire team an evening to the end of season

Booster Club: The EHS girls and boys swim/dive teams have a combined Booster Club that supports, encourages, and advances the athletic program and related activities of the Eagan High School Swim and Dive team; promotes projects that assist with financial needs of the Eagan High School swimming and diving programs; endeavors to raise the level of competitive swimming and diving in accordance with the rules and regulations of the Minnesota State High School League.

- Booster Club meetings are held once a month at EHS throughout the school year. Meeting dates can be found on the EHS girls swim/dive website or the EHS swim/dive booster club website.
- Please attend the meetings! Your contribution to the EHS swim/dive program is priceless!
- Officers contact information can be found on the EHS swim-dive booster website.

Fundraising expectations: The reality of today is that high school teams must provide funds to cover costs. EHS girls and boys swim/dive teams fundraise together through the joint Booster Club. The girls and boys share many of the same costs such as third coach salary, bus transportation, swim bags, team suit contribution, and upkeep of equipment (such as the timing system, diving boards, starting blocks, etc). There are several fundraisers and each and every athlete and family is expected to participate!

- Gerten Mum Sale: late August
- Concessions at EHS track meets-spring
- Gertens Spring Flower Sale: April/May