



## 2024 Fergus Falls Otters Girls Swimming and Diving

Otter Booster Club Parent Information  
Wednesday, August 7, 7:00 p.m. Maroon Gym

### Coaches, Contacts and Communication

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*Communication is key. Reach out to the coaching staff with any questions or concerns.*

#### Rachel Cox - Head Coach

[rachelmcox@gmail.com](mailto:rachelmcox@gmail.com), 218-349-1533 (cell)

#### Jen Jensen - Assistant Coach

[jjensen@fergusotters.org](mailto:jjensen@fergusotters.org)

#### Andrew Kowalski - Middle School Coach

[akowalski@fergusotters.org](mailto:akowalski@fergusotters.org), 218-770-1149 (cell)

#### Mallory Jarvi -Diving Coach

[maejarvi@gmail.com](mailto:maejarvi@gmail.com)

#### Derek Abrahams - Athletic Director

[dabraham@fergusotters.org](mailto:dabraham@fergusotters.org), 218-998-0544 x9801

#### Kennedy Pool

218-998-0544 x2116

**Captains** - Alexis Wellman - 218-531-3105, Karlie Petersen - 218-671-3438

**Remind:** If you haven't already, join Remind for Girls Swimming and Diving for quick updates. Text @fgswimdiv to 81010 to subscribe. Parents and athletes are encouraged to do so.

**Team Website and Calendar:** <https://sites.google.com/view/girlsotterswimdivecom/home>

### Registration

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KSS fall sports registration opens on Monday, August 5. Athletes must have a current physical on file. No athletes will be allowed to practice without registering. Please contact the activities office if you have any questions about registration for the 2024 season.

### Dress for Meet Days

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The team has a tradition of dressing up for meet days. Please follow these guidelines:

- Home meets – Dress-up (no jeans)
- Away meets – Warm-up jackets or Otter apparel

Girls should wear their team suits for competitions. If you missed the order deadline, reach out to a coach to get a competition suit.

### Otter Towel

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An embroidered towel can be ordered for \$30. To order a towel, please complete the Google form found on the team website or by scanning the QR code. All orders must be placed by 8/30.



### Team Photo for Poster and Yearbook

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Team and individual pictures will be on Wednesday, August 28 at 3:00 p.m. Josh McGowan will be taking the full team poster picture, high school and middle school yearbook photos, and individual pictures.

### Food for Away Meets

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Swimmers/Divers need to bring their own snacks and drinks for both after school and during meets. Food orders for Jimmy John's sandwiches can be placed and paid for the day before a meet. Food will be stored in a cooler on the bus and ready for swimmers to eat on the drive home.

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## Timers

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We are required to provide timers for all our home meets. Traditionally, Otter timers are adults or experienced swimmers. Those interested in timing can sign up through Sign-up Genius. We ask that each family sign up for one meet. Lucinda VerSteeg and Abbey Kwapinski will serve as co-head timers this season. Timers should arrive on the pool deck 15 minutes prior to the start of the meet.

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## Parents' Night and Senior Night

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- Parents' night: October 1st against Perham
- Senior night: October 22nd against St. Cloud Apollo
  - Senior Posters to hang in the gallery hallway (3 pictures - baby pic, senior pic, swimming pic from younger age)

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## Otter Invite: Chuck-a-duck for Mental Health Awareness

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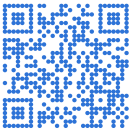
This season, our team is going to sponsor a chuck-a-duck fundraiser at our Otter Invite. We'll be partnering with LMHC to ensure that our funds can have the most impact in the student community. More details to come!

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## Booster Fees

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Booster fees for swimmers/divers are \$75 for athletes in grades 9-12 and \$50 for athletes in grades 7-8. There is a maximum booster fee of \$125 per family. This fee helps pay for coach buses, senior night gifts, banquet awards/programs, coaching items, pool area needs and other miscellaneous expenses. Please hand in your booster fees tonight either by check or Venmo.



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## Fundraising

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We have two fundraising efforts each year:

- **Posters:** Local area businesses are contacted by the captains for corporate sponsorship of the team poster.
- **Concessions:** Parents of team members will be asked to cover a few concession shifts during the fall and winter sports seasons. We ask that each family sign up for two concessions shifts. Serving in this way raises funds so the team can keep booster fees low and avoid other team fundraisers. Watch for emails from Sara Manock for volunteer opportunities.

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## Season-End Celebration

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The year-end celebration will be dessert in the KSS cafeteria on Sunday, November 17th from 7-8pm. Desserts and drinks will be served.

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## Social Activities

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Captains will announce times and details for the following events:

- Team Bonfire
- Lake Day/Homecoming parade float decorating
- Post-meet meal after the Otter Invite
- Outdoor movie night/Mac and Cheese bar
- Section team shirt decorating