

July 1, 2011

Lakeville North & South Girls Swimming & Diving 2011 – 2012



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.

At our first non-conference meet against Austin, we will use the double dual format we have used the past few years. This means that both Lakeville North and Lakeville South will host Austin to open the season Friday, August 26, 2011. From that point on, the schedules will be slightly different. Lakeville North and Lakeville South will be competing separate dual meet schedules. Each team will travel to a different school for away meets and only swim against one team. At home conference meets there will be four teams, with both Lakeville North and Lakeville South hosting different teams at the meet. For example: Our first home conference meet Thursday, September 15, 2011, Lakeville North will be hosting Eastview, and Lakeville South will be hosting Jefferson.

The new meet format will consist of four heats per event and run as follows:

- Heat 1: Lakeville North JV vs. Jefferson JV
- Heat 2: Lakeville South JV vs. Rosemount JV.
- Heat 3: Lakeville North Varsity vs. Jefferson Varsity
- Heat 4: Lakeville South Varsity vs. Rosemount Varsity

This year, depending upon how many athletes come out for the team, it may be necessary to limit the number of athletes on the team by having tryouts and cuts. The coaching staff would prefer to not have to make cuts and truly wish our school district would build a second 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, 2011.

This year we will again be assigned to swim in Section 2AA. The eight schools that have been assigned Section 2AA are as follows: Apple Valley, Bloomington Jefferson, Bloomington Kennedy, Burnsville, Eastview, Lakeville North, Lakeville South, and Prior Lake

Opening day will be Monday, August 15, 2011. 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 11:00 AM to 1:00 PM at the McGuire Middle School Pool. All varsity team members (9th-12th graders and 2010 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 2011

200 Free	2:14.9	100 Free	1:02.9
200 IM	2:29.9	500 Free	6:09.9
50 Free	27.9	100 Backstroke	1:09.9
100 Fly	1:11.9	100 Breaststroke	1:19.9

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 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 swimschneider@comcast.net