

Week 9 Recap & Information

LOTS OF IMPORTANT INFORMATION ON THE BOTTOM OF THIS EMAIL, SO PLEASE READ ALL THE WAY THROUGH.

Congratulations to all the kids who finished their season on Tuesday during senior night & Saturday during the JV Invitational - All the kids swam lights out and we had lots and lots of personal records and season's bests. Great way to finish the season ladies!

Congratulations to Sydney Harris & Reagan Linder for breaking the minute barrier in the 100 freestyle. Welcome to the Sub-60 club ladies!

Thank you to the Seniors who finished their high school career this week, you will all be missed and best of luck on your college search & future plans!!!

Congratulations to the JV Invite participants on finishing second place with 451 points behind Pleasant Valley's 468!!! It was fun to watch the kids get medals and ribbons this weekend!!!

Thank you everyone who supported our pink-out! We have raised around \$400.00 and will be talking with the girls this next week to see where they would like to send these funds!!

This week we have MVC Varsity Diving on Thursday night at Linn-Mar and MVC Varsity Swimming on Saturday at noon.

Reminder, Eric from Splash will be at Kennedy tomorrow morning after practice to fit for Tech suits if girls/families want to purchase one.

Schedule Week 10

Monday

5:30-7:30AM - Swim - (NO BREAKFAST)

7:30/8AM - Eric from Splash here to Tech Suit fitting

3:45-5:45PM - Dryland + Swim

Diving - 6-8AM

Tuesday

5:30-7AM - Swim - Breakfast for Xavier Students only

3:45-6PM - Swim

Diving - 6:30-8AM

Wednesday

3:30-6:15 - Weights + Swim

Diving - 5:30-7AM

Thursday

5:30-7AM - Swim

3:30-6PM - Swim

Diving - MVC Varsity - Warmup 2:45-3:30 PM - walk on deck at 2:15 (athletes will have an early dismissed from school due to the meet)

Diving meet starts at 5PM at Linn-Mar

Diving - Those who are not competing - TBD - Check with Coach Leslie

Friday

3:30-5:30PM - Swim

Diving - TBD - Check with Coach Leslie

Saturday

MVC Soph Taper group - 6:30-8:30AM - Swim

Diving - 8:30-10AM

MVC Varsity competitors - Walk on deck 10AM

Warmup - 10:30-10:55AM

Swim Meet starts at 12PM at Linn-Mar

Breakfast Schedule - Week 10

Please note, we are dropping the number down to about 22-25 girls & coaches left for the next few weeks.

10/8 - NO BREAKFAST DUE TO NO SCHOOL

10/9 - Matta (Xavier has school this day)

10/10 - Leno

10/11 - Baumann & Smeed

10/12 - Hughes, Doyle & Miller

SOPHOMORE MVC - We will host this meet but will be held at Linn-Mar. This means that we have some volunteer slots that need to be filled. Please let me know if you would be willing to head up or help out the following.

- Hospitality Room: We need someone to head this up and others to sign up to volunteer during the day. This is for both diving in the am and swimming in the PM for the coaches, officials and volunteers
- Ticket Sales: The booster club has a volunteer slot filled for the PM session, but nothing for the AM. If you would

like to fill this slot, that would be great! Follow this link: <https://www.signupgenius.com/go/4090f49aaa728a3fb6-2018>

- T-Shirts Sales: We will use this as a fundraiser and will be selling MVC Sophomore Championship T-shirts. We will need a volunteer to work in the morning and again in the afternoon. Please let me know if you would be willing to help. There will be more information coming out about this soon.