

October, 2007

Lakeville North Boys Swimming & Diving 2007 – 2008 Lakeville South Boys Swimming & Diving 2007 - 2008



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.

- There will be a team meeting 3:00 PM, Tuesday, November 13, 2007, at the Kenwood Trail Pool.

This year there will be a few changes and they are as follows:

- This year we will not be competing as a cooperative Lakeville North and Lakeville South team during the dual meet season. Instead, we will compete as separate teams for the entire season. However, the basic organization of the team will remain the same. As in the past we will continue to train together and follow the same practice and meet schedule.
- The one major change is that the meets will be scored differently than the past two years. There will be a Lakeville North score verses the opponent and a Lakeville South score verses the opponent.
- To facilitate the scoring change, additional heats will be added and the meets will last longer than they have in the past. What this means is that we will now compete for the entire season as we have at the Section Meet the past two years.
- We have also been assigned to a different section this year. We are now assigned to swim in Section 3AA. The eight schools that have been assigned Section 3AA are as

follows: Apple Valley, Burnsville, Eagan, Eastview, Lakeville North, Lakeville South, Prior Lake, and Rosemount.

Opening day will be Monday, November 26, 2007. Practice will be held after school until 6:00 PM. Swimmers will practice at the Kenwood Trail Middle School Pool, and the divers will practice at the McGuire Middle School Pool. During winter break practice will take place from, 8:30 AM to 11:30 AM.

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 2007-2008

200 Free	2:03.99	100 Free	56.99
200 IM	2:20.99	500 Free	5:44.99
50 Free	25.49	100 Backstroke	1:05.99
100 Fly	1:04.99	100 Breaststroke	1:12.99

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 rringerr@aol.com
Lakeville South's Coach Ringeisen's voice mail: 952-232-3464, e-mail: rlringeisen@isd194.k12.mn.us

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
Lakeville North's Coach Schneider's voice mail: 952-232-2221, e-mail: djschneider@isd194.k12.mn.us