

Mahtomedi Girls Swim & Dive 2026

Important Information

Registration, Fees, and Suit and Apparel Ordering Deadlines:

Team Registration

All swimmers & divers must be registered in order to participate. You can register for the Swim & Dive Team through the Mahtomedi High School ePay system:

<https://www.gozephyrs.org/>

You must have a current sports physical on file in order to be eligible to participate. Physical forms are posted online at the team registration link. **Physicals are good for 3 years.**

Team Fee Donation (OPTIONAL)

We are asking for a \$50 team fee donation or a \$75 fee for multiple participants in one family, (or more if you're feeling generous :). This is to help cover the costs of team t-shirts, team day, extra caps, treats, and miscellaneous throughout the season. We will collect the team donation at the parka and equipment distribution on August 17th. Checks made payable to MHS Swim & Dive.

Competition Suits/ Team Apparel

*****Deadline of July 17*****

Order Link (Team Suits & Apparel/Gear):

[Apparel and Suits Link](#)

Competition Suits (required). Swimmers and divers will have the option of purchasing this season's suit or to continue to use the one from last season. If you are new to the team, a new team suit must be purchased. All swimmers and divers will use the team suit for meets. Suits cannot be returned due to ordering the wrong size, so it is highly recommended to try on sample suits before ordering online.

*****Please wear underwear while trying on suits in order for the suits to remain sanitary!*****

For those not at the summer social, please contact one of the captains (contact information can be found below) ASAP to make arrangements for your swimmer/diver to try on suits.

***Try-on suits will be sold for a discount - \$35 (Jolyn) \$40 (Speedo). Please contact Delaney (651-925-7795) if you are interested!

Team Apparel (optional): *****Deadline of July 17*****

Show your team spirit at meets and around school with Mahtomedi Swim & Dive apparel from Heritage and Elsmore. There are many items to choose from-- sweatshirts, joggers, gear, and more. **Ordering team apparel is optional. Orders are due by July 17.**

Communication/ Remind:

The captains use **REMIN**D to text important information and reminders to the team. This is one of the main methods of communication for swimmers/divers and parents once the season starts. **Please be sure to sign up both team participants and parents by texting the following to 81010: @mahtswim**

Also, all participants must complete the Swim & Dive Contact Information

ALL SWIMMERS AND DIVERS- Please fill out this form for the 2026 Swim and Dive Season!

<https://docs.google.com/forms/d/e/1FAIpQLScSmFMgpkJn0tYDWxAABd132gP0wgy65AnQmWJZxgMJPeetGg/viewform?usp=publish-editor>

Team Website:

The Mahtomedi Girls Swim and Dive Team is fortunate to have created a website that provides information to all swimmers and divers. To access and view from a public stand point, feel free to click the link below. To create an account for the website, we will send an email to the email address that you provided in the google form above. Creating an account will allow you to see the meet results and where practices will be held. If you have any questions don't hesitate to reach out to any of the captains or Coach Micah Goldman for more information. Website link:

<https://www.mahtomediswimanddive.com/>

Captains Practice: August 10-14:

Captains practice is for both swimmers & divers, and is a great way for the team to get to know each other. All are highly encouraged to attend this week of practice, or as much of it as possible.

Monday (Aug 10th) – 8:00 am - 9:00 am at Wildwood Park, 345 Lincolntown Ave

- Team bonding/workout day. Please wear tennis shoes and bring a water bottle.

Tuesday (Aug 11th) – 8:00 am - 9:00 am at Wildwood Park, 345 Lincolntown Ave

- Workout day with Diana Wright. Please bring a yoga mat, water bottle, and wear clothes you are comfortable working out in.

Wednesday (Aug 12th) – 3:00 pm - 4:30 pm at White Bear Lake County Park Boat Launch

- Walk and talk to Cup and Cone! Please wear tennis shoes and bring a water bottle.

Thursday (Aug 13th) – 8:00 am - 9:30 am at Wildwood Park, 345 Lincolntown Ave

- Alumni day!! Please wear tennis shoes and bring a water bottle.

Friday (Aug 14th) – 1pm - 3pm please check remind closer to the date for an address

- Surprise Team Day!! Please wear a swimsuit, sunscreen, and bring water!

**Be sure to wear sunscreen and bring a labeled water bottle
each day!**

Carpool Information

In previous years, the Swim and Dive team has offered an opportunity to carpool! The older girls who can drive can agree to help drive the younger girls to practice if they need a ride. If you are an older swimmer/diver who'd like to drive the younger swimmers/divers or you are a younger swimmer/diver who needs a ride, please fill this information out on the contact information form and we will connect!

Tentative Season Practice Schedule: August 17th, 2026 – End of season

***This will most likely be the practice schedule, but may be subject to change. ***

Swimmers:

Monday 3:30pm - 5:30pm at Maplewood Community Center, 2100 White Bear Ave N, Maplewood

Tuesday 6:45pm - 8:45pm at the White Bear Lake YMCA, 2100 Orchard Lane, WBL

Wednesday 6:45pm - 8:45pm at the White Bear Lake YMCA, 2100 Orchard Lane, WBL

Thursday 3:30pm - 5:30pm at Maplewood Community Center, 2100 White Bear Ave N, Maplewood

Friday 3:30pm - 5:30pm Maplewood Community Center, 2100 White Bear Ave N, Maplewood.

Saturday 10:15am-12:15pm at the White Bear Lake YMCA, 2100 Orchard Lane, WBL.

Bring swim equipment, goggles, a water bottle, and towel.

Divers:

Monday - Friday 3:15 pm - 5:15 pm at the John Glenn Middle School, 1560 County Rd B E.

Monday, August 17th, 2025:

- ★ **First Day of Practice for swimmers and divers.** Please come with a good attitude and equipment listed above.
- ★ **Parka and Equipment Distribution** at MHS Commons- 1:30-2:30pm
 - Please check remind for more details closer to this date!
 - If you cannot pick up equipment at this time, please contact a captain

*****NOTE: unreturned or damaged equipment/parkas will be charged to the participant*****

Fun Events, Carbo Feeds, and Fundraisers:

The captains host a number of fun events throughout the season to encourage team bonding.

Aug 10-14: Captains Practice

Aug 22: Media Day!

Aug 25: Carb Feed

Aug 29: Big Sister/ Little Sister Reveal and Car Wash poster-making

TBD - Mahtomedi Car Wash

Sep 22: Fundraiser - Chipotle Night

Sep 24: Senior Night

Oct 2: Homecoming Parade and Family Tailgating Dinner (float decorating during this week too!)

Oct 6: Carb Feed

TBD: JV Conference Dinner

TBD: Sections Dinner

TBD: Return swim equipment and parkas

Nov 22: Team Banquet at Dellwood Country Club, 29 East Hwy 96, Dellwood, MN 55110.

Media Day on **Saturday, Aug 22 at 2pm (Mahtomedi High School Main Gym)**. All new and returning swimmers and divers are invited to attend! This event is **mandatory for seniors**. Photos taken will be used for team instagram posts, and all participants will receive full access to the images.

***note: cost is \$25 per athlete

- Please RSVP by texting Delaney (651-925-7795) by Aug. 20

Big Sister/Little Sister on **Saturday, Aug 29 from 12-2 (White Bear YMCA, 2100 Orchard Lane, WBL)**. The team has a big sister/ little sister program which allows the experienced swimmers & divers to encourage, mentor, and get to know the younger ones. "Sisters" will be announced at this event. Some ideas of how to connect and encourage your "sister" throughout the season include: posters, notes, treats, etc.

note: TBD Car Wash posters will be made during this event.

TBD - Mahtomedi Car Wash

We're planning a team car wash fundraiser and are looking for **parent volunteers** to help organize and set it up! If you're interested in helping coordinate details like location, supplies, or food, please reach out to Delaney (651-925-7795). Your support makes a

huge difference in helping our team succeed, and we truly appreciate any time or effort you can give!

Chipotle Fundraiser September 22 from 5pm - 9pm at **Chipotle at 3095 White Bear Ave N, Maplewood, MN 55109**. Bring your family and spread the word to your friends through social media to have Chipotle that night. Mahtomedi Swim & Dive gets 25% of the proceeds! **Show the Chipotle flyer or tell the cashier you are supporting the Mahtomedi Swim & Dive Team.**

Promo flyers will be handed closer to the date.

Carbo Feeds: August 25 and October 6. While location and time are TBD, carbo feeds are meant to bring swimmers & divers together to enjoy food and each other's company. Please continue to check Remind for more information!

Parent Volunteers:

Sign up to bring snacks and/or beverages for the girls to have after meets as well as during carbo feeds!

Also, ALL parents are HIGHLY encouraged to volunteer at least once during the season. In order to run home meets, we need parent volunteers for duties like timing, ticket selling, set up/ clean up, etc:

Sept 10: vs Tartan/NSP @ John Glenn MS, 1560 County Rd B E, at 6:00 pm

Sept 24: vs Two Rivers @ John Glenn MS, 1560 County Rd B E, at 6:00 pm

***As of now, the 2 meets listed above are all determined to be “home” meets, but may switch locations later in the season - however, we would still like to be prepared with volunteers. ***

After - Meet Snacks and Drinks Sign - up:

Please click on the links below to access sign-ups for the 2025 swim season! Please sign up to bring something for at least one meet!

<https://www.signupgenius.com/go/9040A4BA4AF2DAB9-64751118-swim>

Questions? Please contact us!

Captains:

Delaney Dumermuth (swimmer)	27dumermuth-delaney@isd832.net
651-925-7795	
Abby Wright (swimmer)	27wright-abigail@isd832.net
651-302-2927	
Tori Harnish (swimmer)	27harnish-victoria@isd832.net
970-930-7128	

Captains' Parents:

Mindy Dumermuth	mindy@uwalumni.com
608-852-4111	
Diana Wright	dianakersbergen@hotmail.com
619-985-9847	
Nate Harnish	nharnish@yahoo.com
970-618-4320	

Coaches:

Mike Goldman (Head Coach)	mike.goldman@anokaramsey.edu	651-308-1549
Micah Goldman (Asst Coach)	mgoldman315@gmail.com	651-280-5211
Ava Johnson (Diving Coach)	Avajohnson1025@gmail.com	
651 802-4999		

To-Do Checklist

Required/Recommended:

- Register and pay for Swim & Dive ASAP.
- Order team competition suits by July 17.
- Sign up for REMIND asap.
- Fill out Swim & Dive Contact Information Google Form asap.
- Sign up for parent volunteering.

Optional:

- Order team apparel by July 17.
- Team fee donation (Recommended \$50 for individuals or \$75 for multiple individuals within a family).

Parka/Equipment Distribution on Aug 17 at MHS Commons:

- Bring Team Fee Donation (Recommended \$50 for individuals or \$75 for multiple individuals within a family)
- Bring swim equipment, goggles, and labeled water bottle to first day of practice at the Maplewood YMCA @3:30pm

Mahtomedi 2026 Girls' Swimming and Diving Schedule:

August 27	Conference Relays	The Grove	6pm
September 3	South St. Paul	Central Square	6pm
September 10	Tartan/NSP	John Glenn MS	6pm
September 12?	Bengal Invite	Northdale MS	9am/1pm
September 17	Hill Murray/Como P	John Glenn MS	6pm
September 24	Two Rivers	John Glenn MS	6pm
September 26	Maroon and Gold Inv.	U of Minnesota	2:30pm
October 1	Simley	The Grove	6pm
October 8	Hastings	Hastings MS	6pm
October 10	TT Section	Hastings MS	TBD
October 17	TT State	U of Minnesota	12pm
October 29	JV Conference	Central Square	6pm
November 11-13	Section 4A	TBD	6pm
November 18-20	State Meet	U of Minnesota	12pm

Bolded = home meets

Note: schedule may be subject to change