Coaches Contact

Level	Coach	Email	Phone
Varsity	Chad Allen	chad_allen@ipsd.org	630-428-6862
JV Gold	Kim Marach	Kimberly_marach@ipsd.org	630-428-6000
JV Blue	Michelle Meeker	michelle_meeker@ipsd.org	630-428-6000 ext.4674
Diving	Gerry Petit	gerry_petit@ipsd.org	630-428-6000 ext.8505

General Practice Schedule (Check Google Calendar for Exact Times and Dates)

	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Varsity	2:45-5:30 PM	5:15-6:45 AM 2:45-5:45 PM Includes Dryland	3:10-4:15 Dryland 4:20-5:30PM Swim	5:15-6:45AM 2:45-5:15 PM	2:45-5:00PM	7:30-11:15AM
JV Gold	2:45-5:00 PM	5:15-6:45 AM 2:45-5:00	3:10-4:15 PM Swim 4:30-5:30 Dryland	2:45-5:00	5:15-6:45AM OR 2:45-5:00PM Check calendar	7:45-11:00
JV Blue	2:45-4:45	2:50-4:30	3:10-4:45	2:50-4:30	2:50-4:30	No Practice
Diving	2:45-5:00	2:45-5:00	3:10-5:00	2:45-5:00	2:45-5:00	8:00-10:00

Holiday Practice Schedule

	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Varsity	7:30-11:15 AM 3:30-5:30 PM check calendar for adjustments	7:30-11:15 AM 3:30-5:30 PM check calendar for adjustments	7:30-11:15AM 3:30-5:30 PM check calendar for adjustments	7:30-11:15 AM 3:30-5:30 PM check calendar for adjustments	7:30-11:15 AM 3:30-5:30 PM check calendar for adjustments	7:30-11:15AM
JV Gold	7:45-11:00 3:30-5:30PM check calendar for adjustments	7:45-11:00 3:30-5:30PM check calendar for adjustments	7:45-11:00 3:30-5:30PM check calendar for adjustments	7:45-11:00 3:30-5:30PM check calendar for adjustments	7:45-11:00 3:30-5:30PM check calendar for adjustments	7:45-11:00
JV Blue	8:00-9:45	8:00-9:45	8:00-9:45	8:00-9:45	8:00-9:45	No Practice
Diving	8:00-10:00	8:00-10:00	8:00-10:00	8:00-10:00	8:00-10:00	8:00-10:00