

November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Regular Schedule Tryouts V—return V JV Gold-return JVG JV Blue-return JVB and New swimmers No morning practice	17 Regular Schedule Tryouts V—return V JV Gold-return JVG JV Blue-return JVB and New swimmers No morning practice	18 Regular Schedule	19 Regular Schedule NO JV Blue Practice	20 Regular Schedule	21 Regular Schedule
22	23 Regular Schedule—yes regular evening times No morning practice	24 Saturday Schedule Varsity double practice 3:00-5:00	25 Saturday Schedule	26 <u>No</u> <u>Practice</u>	27 Saturday Schedule	28 Regular Schedule

2020

December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	Nov 30 Regular Schedule	1 Regular Schedule	2 Regular Schedule	3 Regular Schedule	4 Meet of Champions Varsity Meet—Virtual @ NV No practice for JV Gold No practice for JV Blue	5 Meet vs. STCN @ home Varsity 10am JV Gold 12:30 JV Blue TBD Varsity 8:00am W/Up
6	7 Regular Schedule	8 Regular Schedule	9 Regular Schedule	10 Regular Schedule	11 Regular Schedule	12 Meet vs. NN @ home Varsity 8am JV Gold 10:00 Diving at noon JV Blue TBD
13	14 Regular Schedule	15 Regular Schedule	16 Regular Schedule	17 Regular Schedule	18 Regular Schedule Diving at NC 5:30pm Regular practice for swimmers	19 Meet vs NC Away Varsity 8am JV Gold 10am JB Blue noon
20	21 Saturday Schedule Varsity double practice 3:00-5:00	22 Saturday Schedule	23 Saturday Schedule Varsity double practice 3:00-5:00	24 Saturday Schedule JVG and JVB combined 7:30am-9am	25 No Practice	26 Regular Schedule
27	28 Saturday Schedule Varsity double practice 3:00-5:00	29 Saturday Schedule	30 Saturday Schedule Varsity double practice 3:00-5:00	31 Saturday Schedule		

2020

January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 No Practice	2 Regular Schedule
3	4 Regular Schedule	5 Regular Schedule	6 Regular Schedule	7 Meet vs Metea Valley @home Varsity 4:00 JV Blue 6:00 Diving 8:00 JV Gold off	8 Regular Schedule	9 Half of Varsity at STCN for a quad. Time TBD JV B 7:30-9 JV G and Varsity 9-11 am
10	11 Regular Schedule	12 Regular Schedule	13 Regular Schedule TBD 8 th grade open house could change our times	14 Meet vs WV @home Varsity 4:00 JV Gold 6:00 Diving 8:00 JV Blue off	15 Regular Schedule	16 Regular Schedule
17	18 Saturday Schedule	19 Regular Schedule	20 Regular Schedule	21 Meet vs. Dekalb Away JV Gold and Blue at 5:00 at Dekalb Varsity regular practice	22 Regular Schedule	23 Meet vs. STCE @ home Varsity 8:30am JV Gold 11:00 JV Blue TBD Diving with varsity?
24	25 Regular Schedule	26 Regular Schedule	27 Regular Schedule	28 Regular Schedule	29 Regular Schedule	30 Regular Schedule

2021

February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Regular Schedule No Morning Practice	2 Regular Schedule No Morning Practice	3 Regular Schedule	4 Regular Schedule No Morning Practice	5 DVC Conference for some of JV and all of diving 5:30 start??? Practice TBD No Morning Practice	6 DVC Conference for Varsity and some of JV Swim Time TBD
7	8 Sectional Team Only	9 Sectional Team Only End at 4:45	10 Sectional Team Only End at 4:30	11 Sectional Team Only End at 4:15	12 Sectional Team Only End at 4:00	13 Sectionals at NV Diving and Swimming

2021

Regular Practice Schedule

	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Varsity						
AM		5:20am-6:50am		5:20am-6:50am		9:00-11:15am
PM	2:45-5:00pm	2:45-5:00pm	4:30-6:30pm	2:45-5:00pm	4:45-7:00pm	
JV Gold						
AM	5:20am-6:50am		5:20am-6:50am			11:15-1:15pm
PM	5:00-7:00pm	5:00-7:00pm		5:00-7:00pm	2:45-4:45pm	
JV Blue						
AM					5:20am-6:50am	7:30-9:00am
PM	7:00-8:30pm	7:00-8:30pm	2:45-4:30pm	7:00-8:30pm		
Diving						
AM						8:00-10:00am
PM	2:45-4:45pm	2:45-4:45pm	2:45-4:45pm	2:45-4:45pm	2:45-4:45pm	

Coaches Contact

Level	Coach	Email
Varsity	Chad Allen	chad_allen@ipsd.org
JV Gold	Nora Schroedter	nshroedter@comcast.net
JV Blue	Michelle Meeker	michelle_meeker@ipsd.org
Diving	Peter Rusenas	peterrusenas@gmail.com
Asst Coach	Lew Kasten	Lewis_kasten@ipsd.org