

# November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> Open Pool 2:45-4:00PM	<b>16</b>	<b>17</b> Open Pool 3:00-4:00PM	<b>18</b>	<b>19</b> Open Pool 2:45-4:00PM	<b>20</b>
<b>21</b>	<b>22</b> First day of tryouts 6:00-8:00AM	<b>23</b> Tryouts 8:00-10:00AM Dryland Required for all: 10:00-11:00AM	<b>24</b> Tryouts 8:00-10:30AM	<b>25</b> <b><u>No Practice</u></b>	<b>26</b> All Groups: 8:00-10:00AM Dryland Option 10-11AM	<b>27</b> Regular Schedule
<b>28</b>	<b>29</b> Regular Schedule Parent Meeting—Room C202 6:00PM	<b>30</b> Regular Schedule				

2021

# December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			<b>1</b> Regular Schedule	<b>2</b> Regular Schedule	<b>3</b> Regular Schedule	<b>4</b> Regular Schedule Select JV Athletes at WV 10AM Start
<b>5</b>	<b>6</b> Regular Schedule	<b>7</b> Regular Schedule	<b>8</b> Regular Schedule	<b>9</b> Varsity AM Naperville North Away 5:00 PM All Levels Attend	<b>10</b> Regular Schedule	<b>11</b> 7:45-8:30 Varsity (Dryland) Varsity @ West Chicago Relays 11AM Bus at 9AM JV—@ NN 10AM Diving at Prospect 9am
<b>12</b>	<b>13</b> Regular Schedule	<b>14</b> Regular Schedule Picture day—wear team shirt and team pants that are provided	<b>15</b> Regular Schedule	<b>16</b> Varsity AM Naperville Central Home 5:00 PM All Levels Attend	<b>17</b> ALL practice after school 2:45-4:30 (No morning) Metea Valley F/S Invite 5:00 Start NV Dive Invite—5:30PM	<b>18</b> Neuqua Invite 10AM No Practice-Do extra dryland at home over weekend
<b>19</b>	<b>20</b> Regular Schedule	<b>21</b> Regular Schedule No morning practice	<b>22</b> Regular Schedule	<b>23</b> Holiday Schedule Varsity and JV Gold Double PM is 3:30-5:30PM	<b>24</b> Holiday Schedule (JV Blue Optional with Gold)	<b>25</b> <b><u>No Practice</u></b>
<b>26</b>	<b>27</b> Holiday Schedule	<b>28</b> Holiday Schedule Varsity and JV Gold Double PM is 3:30-5:30PM	<b>29</b> Holiday Schedule	<b>30</b> Holiday Schedule Varsity Double PM is 3:30-5:30PM	<b>31</b> Holiday Schedule	

2021

# January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						<b>1</b> <b><u>No Practice</u></b>
<b>2</b>	<b>3</b> Holiday Schedule	<b>4</b> Holiday Schedule	<b>5</b> Holiday Schedule	<b>6</b> Metea Valley Away 11AM Start 9:15 Bus All Levels Attend Varsity practice 7:30-9:00AM	<b>7</b> Holiday Schedule Varsity and JV Gold Double PM is 3:30- 5:30PM	<b>8</b> ALL--7:30-10 (JV-TBD) HC Invite-F 10:00-Bus 12:00-Start Evanston Invite-V 10:15 Bus 1:00 Start New Trier Dive Invite-9AM
<b>9</b>	<b>10</b> Regular Schedule	<b>11</b> Regular Schedule	<b>12</b> Regular Schedule	<b>13</b> Varsity AM WVAway 4:30 start All Levels Attend	<b>14</b> Regular Schedule	<b>15</b> Varsity only 8:00-8:45AM STCN JV Invite 10:00 Start 7:45 Bus Hins-Dive--8:30-Start New Trier-V 12:00 Start 9:15 Bus
<b>16</b>	<b>17</b> Holiday Schedule	<b>18</b> Regular Schedule	<b>19</b> Regular Schedule	<b>20</b> Varsity AM Dekalb Home 5pm start Senior Night All Levels Attend	<b>21</b> No morning Home Meet vs. STCN, Plain, Peoria ND All Levels attend	<b>22</b> Regular Schedule
<b>23</b>	<b>24</b> Regular Schedule	<b>25</b> Regular Schedule (Last morning for JV and those ending at conference)	<b>26</b> Regular Schedule	<b>27</b> Regular Schedule	<b>28</b> Regular Schedule MV Dive 5:00	<b>29</b> Regular Schedule Metea Valley Invite-Varsity 10:00-Start 8:00-Bus
<b>31</b>						

2022

# February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<b>Jan 31</b> Regular Schedule Conference taper ends at 4:45	<b>1</b> Regular Schedule Conference taper ends at 4:15	<b>2</b> Regular Schedule Conference taper ends 4:30	<b>3</b> Regular Schedule Conference taper ends 4:00	<b>4</b> Regular Schedule DVC Dive at NC 5:00PM start DVC swim TBD	<b>5</b> DVC V/JV 10AM TBD @NV
<b>6</b>	<b>7</b> State Team Only Regular Schedule	<b>8</b> State Team Only Regular Schedule	<b>9</b> State Team Only Regular Schedule	<b>10</b> State Team Only Regular Schedule (Last morning for state taper)	<b>11</b> State Team Only Regular Schedule	<b>12</b> State Team TBD Location Practice
<b>13</b>	<b>14</b> State Team Only Regular Schedule	<b>15</b> State Team Only Regular Schedule	<b>16</b> State Team Only Regular Schedule	<b>17</b> State Team Only Regular Schedule	<b>18</b> State Team Only End at 4:30PM	<b>19</b> Good Luck at Sectionals! @ Metea 9:00-Dive 1:00-Swim
<b>20</b> 8:30-10:00 State Team (TBD)	<b>21</b> 8:30-10:00 State Team—No School	<b>22</b> 2:45-4:15 State Team	<b>23</b> 3:15-4:30 State Team	<b>24</b> 2:45-4:00 State Team	<b>25</b> Good Luck at State! At FMC 9:00-Dive 3:30-Swim	<b>26</b> State Finals! Swim Fast! 11AM-Swim
<b>27</b>	Tentative: End of Season Banquet, Monday, March 7 <sup>th</sup> 6PM—Main Bld. Cafe					

2022

## Regular Practice Schedule

### Notes:

Varsity will do dryland on Tues (PM), Weds (PM before the swim), Saturday (before or after) and are encouraged to do one hour on Sunday on own.

JV Gold will do dryland on Weds (PM after the swim), Saturday (before or after) and are encouraged to do one hour on own (Sunday and/or another day)

JV Blue does not do dryland, but may join the JV Gold on Weds and Saturday. They are also encouraged to spend time on Sunday.

	<b>Monday</b>	<b>Tuesday</b>	<b>Weds</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Varsity</b>	2:45-5:15 PM	5:15-6:45AM 2:45-5:15 PM Dryland included	3:15-5:30PM Dryland included	5:15-6:45AM 2:45-5:00PM	2:45-5:00PM	8:30-11:30AM Dryland included
<b>JV Gold</b>	2:45-5:00	5:15-6:45AM 2:45-5:00	3:15-5:30 Dryland included	2:45-5:00	2:45-5:00	7:30-10:30AM Dryland included
<b>JV Blue</b>	2:45-4:45	2:45-4:30	3:15-4:45 Dryland Option After practice	2:45-4:30	5:15-6:45AM	9:30-11:00AM Dryland option
<b>Diving</b>	TBD	TBD	TBD	TBD	TBD	TBD

## Holiday Practice Schedule

**Varsity:** 8:30-10:45AM plus an afternoon practice when posted

**JV Gold:** 7:30-9:30AM plus an afternoon practice when posted

**JV Blue:** 9:30-11:00AM

**Diving:** TBD

### Coaches Contact

<b>Level</b>	<b>Coach</b>	<b>Email</b>	<b>Phone</b>
Varsity	Chad Allen	chad_allen@ipsd.org	630-428-6862
JV Gold	Mark Urso	mark_urso@ipsd.org	
JV Blue	Michelle Meeker	michelle_meeker@ipsd.org	630-428-6000 ext.4674
Diving	Chad Ganden	Chad_ganden@ipsd.org	