

November

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

2023

December

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

2023

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 Holiday Schedule Varsity and JV Gold Double PM is 3:30-5:30PM	3 Holiday Schedule	4 Metea Valley Away 11AM Start All Levels Attend Bus at 9:15AM	5 Holiday Schedule Varsity Double PM is 3:30- 5:30PM	6 Varsity--8:00-10:00 JVG and JVB Blue not in meet 8- 10am HC Invite-F 8:00-Bus 10:00-Start Evanston Invite-V 10:15 Bus 1:00 Start
7	8 Regular Schedule	9 Regular Schedule	10 Regular Schedule	11 Varsity AM WV Away 5:00 start All Levels Attend Bus 3:15	12 Regular Schedule	13 Varsity dryland only 8-8:45AM JVB and JVG not in meet 930-11 STCN JV Invite 10:00 Start 7:45 Bus Hins-Dive--8:30-Start New Trier-V 12:00 Start 9:15 Bus
14	15 Holiday Schedule	16 Regular Schedule	17 Regular Schedule	18 Varsity AM Dekalb Home 5pm start All Levels Attend Senior Night	19 No morning Home Meet 5:00 STCN and Plain All Levels attend	20 Regular Schedule
21	22 Regular Schedule	23 Regular Schedule (Last morning for JV Gold or Varsity ending at conference)	24 Regular Schedule	25 Regular Schedule	26 Regular Schedule MV Dive 5:00	27 Regular Schedule Metea Valley Invite-Varsity 10:00-Start 8:00-Bus
28	29 Regular Schedule Conference taper ends at 4:45	30 Regular Schedule Conference taper ends at 4:15	31 Regular Schedule Conference taper ends 4:30			

2024

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 Conference taper ends 4:00	2 Regular Schedule DVC Dive at NV 5PM	3 DVC V/JV ALL 10AM @NC Bus provided
4	5 State Team Only Regular Schedule	6 State Team Only Regular Schedule	7 State Team Only Regular Schedule	8 State Team Only Regular Schedule (Last morning for state taper)	9 State Team Only Regular Schedule	10 State Team TBD Location Practice
11	12 State Team Only Regular Schedule	13 State Team Only Regular Schedule	14 State Team Only Regular Schedule	15 State Team Only Regular Schedule	16 State Team Only End at 4:30PM	17 Good Luck at Sectionals! @ MV 9:00-Dive 1:00-Swim, 1045bus
18 8:30-10:00 State Team (TBD)	19 8:30-10:00 State Team—No School	20 2:45-4:15 State Team	21 3:15-4:30 State Team	22 2:45-4:00 State Team	23 Good Luck at State! At FMC 9:00-Dive 3:30-Swim	24 State Finals! Swim Fast! 11AM-Swim
	Tentative: End of Season Banquet, Tuesday, Feb 27th 5:30PM—Main Bld. Cafe					

2024

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 encouraged to do one hour on own (Sunday and/or another day)

	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Varsity	2:45-5:15 PM	5:15-6:45AM 2:45-5:15 PM Dryland included	3:05-5:30PM Dryland included	5:15-6:45AM 2:45-5:00PM	2:45-5:00PM	8:30-11:30AM Dryland included
JV Gold	2:45-5:00	5:15-6:45AM 2:45-5:00	3:05-5:30 Dryland included	2:45-5:00	2:45-5:00	7:30-10:30AM Dryland included
JV Blue	2:45-4:45	2:45-4:30 Dryland option to 5:15	3:10-4:45 Dryland Option to 5:30	2:45-4:30	2:45-4:30	9:30-11:00AM Dryland option
Diving	3:30-5:30PM	3:30-5:30PM	3:30-5:30PM	3:30-5:30PM	3:30-5:30PM	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

Level	Coach	Email	Phone
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	PJ Murphy	Pjm5464@comcast.net	