

# November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<b>October 14<sup>th</sup></b> <b>deadline for</b> <b>apparel</b>	<b>Tuesday,</b> <b>Sept 24<sup>th</sup></b> 2:45 Preseason mtg for athletes in C202	<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>	<b>16</b>
<b>17</b>	<b>18</b> Open Pool 2:45-4:00PM	<b>19</b>	<b>20</b>	<b>21</b> Open Pool 2:45- 4:00PM	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b> <b>First day of tryouts</b> <b>2:45PM-4:45PM</b>	<b>26</b> Tryouts 8:00- 10:00AM Dryland Required for all: 10:00-11:15AM	<b>27</b> Tryouts 8:00- 10:30AM	<b>28</b> <b><u>No</u></b> <b><u>Practice</u></b>	<b>29</b> <b>All Groups:</b> <b>8:00-10:00AM</b> <b>Dryland for all</b> <b>10-11:15AM</b>	<b>30</b> Regular Schedule

# 2024

# 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>	<b>2</b> Regular Schedule <b>Parent Meeting— Room C202 6:00PM Food orders due at meeting</b> Picture day—wear team shirt and team pants that are provided	<b>3</b> Regular Schedule	<b>4</b> Regular Schedule	<b>5</b> Regular Schedule	<b>6</b> Regular Schedule	<b>7</b> Regular Schedule <b>Select JV Athletes at WV 10AM Start, 8:15am bus</b>
<b>8</b>	<b>9</b> Regular Schedule	<b>10</b> Regular Schedule	<b>11</b> Regular Schedule	<b>12</b> Varsity AM <b>Naperville Central Away 5:00 PM All Levels Attend Bus at 2:45</b>	<b>13</b> Regular Schedule	<b>14</b> 7:00-8:00 Varsity (Dryland) <b>Varsity @ West Chicago Relays 10AM Bus at 8AM JV@ NN 10AMBus8:15am Diving TBD</b>
<b>15</b>	<b>16</b> Regular Schedule	<b>17</b> Regular Schedule <b>Morning is 5:45- 6:45</b>	<b>18</b> Regular Schedule	<b>19</b> Regular Schedule <b>Morning is 5:45- 6:45</b>	<b>20</b> Regular Schedule <b>Metea Valley F/S Invite 5:00 Start-Bus 3:00 NV Dive Invite—5:30PM</b>	<b>21</b> <b>Neuqua Invite 10AM No Practice-Do extra dryland at home over weekend</b>
<b>22</b> Optional Practice 12:15- 2:30PM All levels	<b>23</b> Holiday Schedule <b>Varsity and JV Gold Double PM is 3:30-5:30PM</b>	<b>24</b> No practice	<b>25</b> No practice	<b>26</b> <b>Holiday Schedule</b> Varsity Double 3:30- 5:00	<b>27</b> <b>Metea Valley Home 11AM Start All Levels Attend Varsity 7-9AM practice</b>	<b>28</b> Regular Schedule Varsity Double 3:30-5:00
<b>29</b> Schedule for week will be emailed with specific times and locations if NV not available	<b>30</b> <b>TBD 11-3 @WV</b>	<b>31</b> <b>Holiday Schedule</b> <b>TBD 10-12:30 @WV</b>				

2024

# 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> No practice	<b>2</b> Varsity at HF 10am start, 8am bus <b>Holiday Schedule</b> TBD 8-10am @WV	<b>3</b> <b>Holiday Schedule</b> TBD 11-1:30 @WV	<b>4</b> Regular Schedule TBD 11-1:30 @WV
<b>5</b>	<b>6</b> Regular Schedule	<b>7</b> Regular Schedule	<b>8</b> Regular Schedule	<b>9</b> Varsity AM <b>WV Home</b> 5:00 start All Levels Attend	<b>10</b> Regular Schedule	<b>11</b> Varsity--8:00-10:00 JVG and JVB Blue not in meet 8-10am <b>HC Invite-F</b> 7:00-Bus 9:00-Start ? Start time <b>Evanston Invite-V</b> 10:15 Bus 1:00 Start
<b>12</b>	<b>13</b> Regular Schedule	<b>14</b> Regular Schedule	<b>15</b> Regular Schedule	<b>16</b> Varsity AM <b>Dekalb Away</b> 5pm start 2:45 Bus All Levels Attend	<b>17</b> Regular Schedule	<b>18</b> Varsity dryland only 8-8:45AM JVB and JVG not in meet 930-11 <b>STCN JV Invite</b> 10:00 Start 7:45 Bus <b>Hins-Dive--8:30-Start</b> <b>New Trier-V</b> 12:00 Start 9:15 Bus
<b>19</b>	<b>20</b> <b>Holiday Schedule</b> Varsity and JV Gold Double PM is 3:30-5:30PM	<b>21</b> Regular Schedule <b>No morning</b>	<b>22</b> Regular Schedule	<b>23</b> Varsity AM <b>NN Home</b> 5:00 start All Levels Attend <b>Senior Night</b>	<b>24</b> <b>Away Meet 5:00</b> <b>STCN and Plain</b> 2:45 Bus	<b>25</b> Regular Schedule
<b>26</b>	<b>27</b> Regular Schedule	<b>28</b> Regular Schedule (Last morning for JV Gold or Varsity ending at conference)	<b>29</b> Regular Schedule	<b>30</b> Regular Schedule	<b>31</b> Regular Schedule <b>MV Dive 5:00</b>	

2025

# February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Tentative: End of Season Banquet, Tuesday, March 4th 5:30PM—Main Bld. Cafe						<b>1</b> Regular Schedule Metea Valley Invite- Varsity 10:00-Start 8:00-Bus
<b>2</b>	<b>3</b> Regular Schedule Conference taper ends at 4:45	<b>4</b> Regular Schedule Conference taper ends at 4:15	<b>5</b> Regular Schedule Conference taper ends 4:30	<b>6</b> Regular Schedule Conference taper ends 4:00	<b>7</b> Regular Schedule DVC Dive at NN 5PM	<b>8</b> DVC V/JV ALL 10AM @Metea Valley Bus provided 7:45AM
<b>9</b>	<b>10</b> State Team Only Regular Schedule	<b>11</b> State Team Only Regular Schedule	<b>12</b> State Team Only Regular Schedule	<b>13</b> State Team Only Regular Schedule (Last morning for state taper)	<b>14</b> State Team Only Regular Schedule	<b>15</b> State Team TBD Location Practice
<b>16</b>	<b>17</b> State Team Only 8:30-11:00AM Practice	<b>18</b> State Team Only Regular Schedule	<b>19</b> State Team Only Regular Schedule	<b>20</b> State Team Only Regular Schedule	<b>21</b> State Team Only End at 4:30PM	<b>22</b> Good Luck at Sectionals! @ Neuqua Valley 9:00-Dive 1:00-Swim
<b>23</b> 8:30-10:00 State Team (TBD)	<b>24</b> 8:30-10:00 State Team—No School	<b>25</b> 2:45-4:15 State Team	<b>26</b> 3:15-4:30 State Team	<b>27</b> 11:30-12:45 State Team	<b>28</b> Good Luck at State! At FMC 9:00-Dive 3:30-Swim	<b>March 1</b> State Finals! Swim Fast! 11AM-Swim

2025

## 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
<b>Varsity</b>	2:45-5:15 PM	5:15-6:45AM 2:45-5:30 PM Dryland included	3:05-5:30PM Dryland included	5:15-6:45AM 2:45-5:00PM	2:45-5:00PM	8:45-12:00 Dryland included
<b>JV Gold</b>	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	7:00-10:00AM Dryland included
<b>JV Blue</b>	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	7:30-9:00AM Dryland option
<b>Diving</b>	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:** 8:45-11:00AM plus an afternoon practice when posted

**JV Gold:** 7:00-9:00AM plus an afternoon practice when posted

**JV Blue:** 7:30-9:00AM

**Diving:** TBD

### Coaches Contact

Level	Coach	Email	Phone
Varsity	Chad Allen	chad_allen@ipsd.org	630-428-6862
Varsity Asst	Chris Ranallo	Christopher_ranallo@ipsd.org	
Varsity/JV Asst	Lew Kasten	Lewis_kasten@ipsd.org	
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	

