

## Regular Practice Schedule (See Calendar Details on next pages)

**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)

	<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 2:45-5:30 PM Dryland included	3:05-5:30PM Dryland included	5:15-6:45AM 2:45-5:00PM	2:45-5:00PM	8:45-12:15 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

<b>Level</b>	<b>Coach</b>	<b>Email</b>	<b>Phone</b>
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	

# November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<b>October 13<sup>th</sup> deadline for apparel</b>	<b>Tuesday, Sept 23<sup>rd</sup></b> 2:45 Preseason mtg for athletes in C202	<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>
<b>16</b>	<b>17</b> Open Pool 2:45-4:00PM	<b>18</b>	<b>19</b>	<b>20</b> Open Pool 2:45- 4:00PM	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b> First day of tryouts <b>8:00AM-10:00AM</b> <b>Varsity Returners go to noon</b>	<b>25</b> Tryouts 8:00- 10:00AM Dryland Required for all: 10:00-11:15AM	<b>26</b> Tryouts 8:00- 10:30AM	<b>27</b> <b><u>No</u></b> <b><u>Practice</u></b>	<b>28</b> All Groups: 8:00-10:00AM Dryland for all 10-11:15AM	<b>29</b> Regular Schedule

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# 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>Parent Meeting—                      Room C202 6:00PM                      Food orders due at                      meeting</b> Picture day TBS—wear team shirt and team pants that are provided	<b>2</b> Regular Schedule	<b>3</b> Regular Schedule	<b>4</b> Regular Schedule	<b>5</b> Regular Schedule	<b>6</b> Regular Schedule <b>JV Athletes at WV                      10AM Start, 8:15am bus</b>
<b>7</b>	<b>8</b> Regular Schedule	<b>9</b> Regular Schedule	<b>10</b> Regular Schedule	<b>11</b> Varsity AM <b>Naperville Central                      Home 5:00 PM                      All Levels Attend</b>	<b>12</b> Regular Schedule	<b>13</b> 7:00-8:00 Varsity (Dryland) <b>Varsity @ West Chicago                      Relays 10AM Bus at 8AM                      JV@ NN 10AM Bus 8:15am                      Diving 8-10am</b>
<b>14</b>	<b>15</b> Regular Schedule	<b>16</b> Regular Schedule <b>Morning is 5:45-                      6:45</b>	<b>17</b> Regular Schedule	<b>18</b> Regular Schedule <b>Morning is 5:45-                      6:45</b>	<b>19</b> Regular Schedule <b>Metea Valley F/S Invite                      5:00 Start-Bus 3:00                      NV Dive Invite—5:30PM</b>	<b>20</b> <b>Neuqua Invite                      10AM                      No Practice-Do extra                      dryland at home over                      weekend</b>
<b>21</b>	<b>22</b> Holiday Schedule <b>Varsity and JV                      Gold Double                      PM is 3:30-5:30PM</b>	<b>23</b> Holiday Schedule <b>Metea Valley Away                      11AM Start, 9AM                      Bus                      All Levels Attend                      Varsity 7-9AM                      practice9:</b>	<b>24</b> No practice	<b>25</b> No Practice	<b>26</b> Holiday Schedule Varsity Double 3:30-5:30	<b>27</b> Regular Schedule Varsity at HF 10am start, 8am bus
<b>28</b> Optional Practice 8am- 10am All levels	<b>29</b> Holiday Schedule <b>Varsity and JV                      Gold Double                      PM is 3:30-5:30PM</b>	<b>30</b> Holiday Schedule <b>Varsity Dual Meet                      Tournament @ NV                      4:00 Start                      Dive at STCN</b>	<b>31</b> Holiday Schedule			

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

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# 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 3rd 5:30PM—Main Bld. Cafe						
<b>1</b>	<b>2</b> Regular Schedule Conference taper ends at 4:45	<b>3</b> Regular Schedule Conference taper ends at 4:15	<b>4</b> Regular Schedule Conference taper ends 4:30 Varsity Taper 4:15-5:30	<b>5</b> Regular Schedule Conference taper ends 4:00 JV Gold Taper 4:00-5:00	<b>6</b> Regular Schedule Varsity Dryland until 5:30 DVC Dive at Neuqua Valley 5PM JV Blue Taper 3:45-4:45	<b>7</b> DVC V/JV ALL 10AM @Neuqua Valley
<b>8</b>	<b>9</b> State Team Only Regular Schedule	<b>10</b> State Team Only Regular Schedule	<b>11</b> State Team Only Regular Schedule	<b>12</b> State Team Only Regular Schedule (Last morning for state taper)	<b>13</b> State Team Only Regular Schedule	<b>14</b> State Team Practice @ WV Time TBD
<b>15</b>	<b>16</b> State Team Only 8:30-11:00AM Practice	<b>17</b> State Team Only Regular Schedule	<b>18</b> State Team Only Regular Schedule	<b>19</b> State Team Only Regular Schedule	<b>20</b> State Team Only End at 4:30PM	<b>21</b> Good Luck at Sectionals! @ Metea Valley 9:00-Dive 1:00-Swim--1045 bus
<b>22</b> 8:30-10:00 State Team (TBD)	<b>23</b> 2:45-4:30 State Team	<b>24</b> 2:45-4:15 State Team	<b>25</b> 3:15-4:30 State Team	<b>26</b> 2:45-3:45 State Team	<b>27</b> Good Luck at State! At FMC 9:00-Dive 3:30-Swim	<b>28</b> State Finals! Swim Fast! 11AM-Swim