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)

	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Varsity	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
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	7:00-10:00AM 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	7:30-9:00AM 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: 8:45-11:00AM 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	

November

Sun	*Mon*	*Tue*	*Wed*	*Thu*	*Fri*	*Sat*
	October 16th deadline for apparel	**Tuesday, Sept 29th** 2:45 Preseason mtg for athletes in C202	**4**	**5**	**6**	**7**
8	**9**	**10**	**11**	**12** **Parent Meeting-Main gym with all winter sports and then we will move to another room 7:00PM**	**13**	**14**
15	**16** Open Pool 2:45-4:00PM	**17**	**18**	**19** Open Pool 2:45-4:00PM	**20**	**21**
22	**23** **First day of tryouts** **8:00AM-10:00AM** **Varsity Returners go to noon**	**24** Tryouts 8:00-10:00AM Dryland Required for all: 10:00-11:15AM	**25** Tryouts 8:00-10:30AM	**26** **No Practice**	**27** **All Groups: 8:00-10:00AM** **Dryland for all 10-11:15AM**	**28** Regular Schedule
	30 Regular Schedule **Picture day TBS—wear team shirt and team pants that are provided**					

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December

Sun	*Mon*	*Tue*	*Wed*	*Thu*	*Fri*	*Sat*
		1 Regular Schedule	**2** Regular Schedule	**3** Regular Schedule	**4** Regular Schedule	**5** Regular Schedule **JV Athletes at WV** **10AM Start, 8:15am bus**
6	**7** Regular Schedule	**8** Regular Schedule	**9** Regular Schedule	**10** Varsity AM **Metea Valley** **Home 5:00 PM** **All Levels Attend**	**11** Regular Schedule	**12** 7:00-8:00 Varsity (Dryland) **Varsity @ West Chicago** **Relays 10AM Bus at 8AM** **JV@ NN 10AMBus8:15am** **Diving 8-10am**
13	**14** Regular Schedule	**15** Regular Schedule **Morning is 5:45-6:45**	**16** Regular Schedule	**17** **Morning is 5:45-6:45** **Waubonsie Valley** **Home 5:00 PM** **All Levels Attend**	**18** Regular Schedule **Metea Valley F/S Invite** **5:00 Start-Bus 3:00** **NV Dive Invite—5:30PM**	**19** **Neuqua Invite** **10AM** **No Practice-Do extra dryland at home over weekend**
20	**21** Holiday Schedule **Varsity and JV** **Gold Double** **PM is 3:30-5:30PM**	**22** **Holiday Schedule**	**23** **Holiday Schedule** Varsity Double 3:30-5:30	**24** **No Practice**	**25** **No Practice**	**26** Regular Schedule Varsity Double 3:30-5:30
27	**28** **Holiday Schedule** **Varsity and JV** **Gold Double** **PM is 3:30-5:30PM**	**29** **Holiday Schedule** **Varsity Dual Meet** **Tournament @** **Hinsdale Central** **4:00 Start, Bus 1:45** **Dive at SCTN 1:00**	**30** **Holiday Schedule** **Varsity and JV** **Gold Double** **PM is 3:30-5:30PM**	**31** **Holiday Schedule**		

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January

Sun	*Mon*	*Tue*	*Wed*	*Thu*	*Fri*	*Sat*
					1 **No Practice**	**2** Regular Schedule
3	**4** Regular Schedule	**5** Regular Schedule	**6** Regular Schedule	**7** Varsity AM **Dekalb Away** **5:00 start, 3:15 Bus** **All Levels Attend** Some varsity stay home to practice	**8** Regular Schedule	**9** Varsity--8:00-10:00 JVG and JVB Blue not in meet 7:30-9am **HC Invite-F** 9:30-Bus 11:30-Start **Evanston Invite-V** 10:30 Bus 1:00 Start
10	**11** Regular Schedule	**12** Regular Schedule	**13** Regular Schedule	**14** Varsity AM **Naperville North Home** **5pm start** **All Levels Attend**	**15** Regular Schedule	**16** Varsity dryland only 8-8:45AM JVB and JVG not in meet 7:30-9am **STCN JV Invite** 10:00 Start 7:30 Bus **Hins-Dive--**8:30-Start **New Trier-V** 12:00 Start 9:15 Bus
17	**18** **Holiday Schedule** **Varsity and JV Gold Double** **PM is 3:30-5:30PM**	**19** Regular Schedule **No morning**	**20** Regular Schedule	**21** Varsity AM **NC Away** **5:00 start, 3:00 Bus** **All Levels Attend**	**22** **Meet 5:00 STCN and Plain** **Location: STCN** **All levels attend**	**23** Regular Schedule
24	**25** Regular Schedule	**26** Regular Schedule (Last morning for JV Gold or Varsity ending at conference)	**27** Regular Schedule	**28** Regular Schedule	**29** Regular Schedule **MV Dive 5:00** **Varsity Dryland until 5:30**	**30** Regular Schedule **Metea Valley Invite-Varsity** **10:00-Start 8:00-Bus**

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February

Sun	*Mon*	*Tue*	*Wed*	*Thu*	*Fri*	*Sat*
Tentative: End of Season Banquet, Tuesday, March 3rd 5:30PM—Main Bld. Cafe						
	1 Regular Schedule Conference taper ends at 4:45	**2** Regular Schedule Conference taper ends at 4:15	**3** Regular Schedule Conference taper ends 4:30 Varsity Taper 4:15-5:30	**4** Regular Schedule Conference taper ends 4:00 JV Gold Taper 4:00-5:00	**5** Regular Schedule Varsity Dryland until 5:30 DVC Dive at Metea Valley 5PM JV Blue Taper 3:45-4:45	**6** DVC V/JV ALL 10AM @Metea Valley Bus 7:45AM
7	**8** **State Team Only** **Regular Schedule**	**9** **State Team Only** **Regular Schedule**	**10** **State Team Only** **Regular Schedule**	**11** **State Team Only** **Regular Schedule** **(Last morning for state taper)**	**12** **State Team Only** **Regular Schedule**	**13** State Team Practice @ WV 10:15-12:15
14	**15** **State Team Only** **8:30-11:00AM** **Practice**	**16** **State Team Only** **Regular Schedule**	**17** **State Team Only** **Regular Schedule**	**18** **State Team Only** **Regular Schedule**	**19** **State Team Only** **End at 4:30PM**	**20** **Good Luck at Sectionals!** **@ Neuqua Valley** **9:00-Dive** **1:00-Swim--1045 bus**
21 8:30-10:00 State Team (TBD)	**22** 2:45-4:30 State Team	**23** 2:45-4:15 State Team	**24** 3:15-4:30 State Team	**25** 2:45-3:45 State Team	**26** **Good Luck at State!** **At FMC** **9:00-Dive** **3:30-Swim**	**27** **State Finals!** **Swim Fast!** **11AM-Swim**

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