

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

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	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 <u>No</u> <u>Practice</u>	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

<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	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 10AM Bus 8:15am 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

<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 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 8-10am 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 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
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

<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						
	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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