

November

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

2022

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 JV Blue 5:15-6:45AM ONLY	3 Regular Schedule Select JV Athletes at WV 10AM Start, 8:15am bus
4	5 Regular Schedule	6 Regular Schedule	7 Regular Schedule	8 Varsity AM Naperville North Home 5:00 PM All Levels Attend	9 Regular Schedule	10 7:45-8:30 Varsity (Dryland) Varsity @ West Chicago Relays 11AM Bus at 9AM JV@ NN 10AM Bus 8:15am Diving TBD
11	12 Regular Schedule	13 Regular Schedule Picture day TBD— wear team shirt and team pants that are provided	14 Regular Schedule	15 Varsity AM Naperville Central Away 5:00 PM All Levels Attend Bus Provided— Warmup at Neuqua first	16 ALL practice after school 2:45-4:30 (No morning) Metea Valley F/S Invite 5:00 Start-Bus provided NV Dive Invite—5:30PM	17 Neuqua Invite 10AM No Practice-Do extra dryland at home over weekend
18	19 Regular Schedule	20 Regular Schedule No morning practice	21 Regular Schedule	22 Regular Schedule	23 Holiday Schedule	24 <u>No Practice</u>
25	26 AT WV 1030-1230 ALL 5-630PM Varsity Double	27 Varsity at HF 10am start 8am bus All others at WV 10:30- 12:30	28 AT WV 1030-1230 ALL 5-630PM Varsity and Gold Double	29 AT WV 6-8AM for All	30 AT WV 10-12:30 Varsity 10-12:00 Gold 1030-12:30 Blue	31 Holiday Schedule-TBD Likely 8-1030 at NV

2022

January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 Holiday Schedule	3 Holiday Schedule Varsity and JV Gold Double PM is 3:30-5:30PM	4 Holiday Schedule	5 Metea Valley Home 11AM Start All Levels Attend arrive 9:30AM Varsity practice 8:00-10:00AM	6 Holiday Schedule Varsity Double PM is 3:30- 5:30PM	7 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 New Trier Dive Invite-9AM
8	9 Regular Schedule	10 Regular Schedule	11 Regular Schedule	12 Varsity AM WV Home 5:00 start All Levels Attend Senior Night	13 Regular Schedule	14 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
15	16 Holiday Schedule	17 Regular Schedule	18 Regular Schedule	19 Varsity AM Dekalb Away 5pm start Bus provided All Levels Attend V-TBD	20 No morning Away Meet @. STCN 5:00 with Plain, Peoria ND All Levels attend Bus provided	21 Regular Schedule
22	23 Regular Schedule	24 Regular Schedule (Last morning for JV Gold or Varsity ending at conference)	25 Regular Schedule	26 Regular Schedule	27 Regular Schedule JV Blue 5:15- 6:45AM ONLY MV Dive 5:00	28 Regular Schedule Metea Valley Invite-Varsity 10:00-Start 8:00-Bus
29	30 Regular Schedule Conference taper ends at 4:45	31 Regular Schedule Conference taper ends at 4:15				

2023

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 4:30	2 Regular Schedule Conference taper ends 4:00	3 Regular Schedule DVC Dive at MV 5PM	4 DVC V/JV ALL 10AM TBD @NN Bus provided
5	6 State Team Only Regular Schedule	7 State Team Only Regular Schedule	8 State Team Only Regular Schedule	9 State Team Only Regular Schedule (Last morning for state taper)	10 State Team Only Regular Schedule	11 State Team TBD Location Practice
12	13 State Team Only Regular Schedule	14 State Team Only Regular Schedule	15 State Team Only Regular Schedule	16 State Team Only Regular Schedule	17 State Team Only End at 4:30PM	18 Good Luck at Sectionals! @ NV 9:00-Dive 1:00-Swim
19 8:30-10:00 State Team (TBD)	20 8:30-10:00 State Team—No School	21 2:45-4:15 State Team	22 3:15-4:30 State Team	23 2:45-4:00 State Team	24 Good Luck at State! At FMC 9:00-Dive 3:30-Swim	25 State Finals! Swim Fast! 11AM-Swim
	Tentative: End of Season Banquet, Monday, March 6 th 6PM—Main Bld. Cafe					

2023

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	3:15-5:30PM 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	3:15-5:30 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	3:15-4:45 Dryland Option After practice	2:45-4:30	2:45-4:30 but varies	9:30-11:00AM Dryland option
Diving	TBD	TBD	TBD	TBD	TBD	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	Chad Ganden	Chad_ganden@ipsd.org	