AUGUST 2018

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **20**1ST DAY OF PRACTICEPOOL 4-6PM | **21**POOL4-6PM | **22**POOL4-6PM | **23**POOL4-6PM | **24**POOL4-6PM**\*\*TEAM APPAREL AND SUIT ORDERS DUE\*\*** | **25**POOL8-10AMBREAKFAST!!**\*\*MANDATORY PARENT MTG****10:00AM\*\*** |
| **27**WEIGHTS 2:00–3:00PMPOOL3:00-5:00PM | **28**POOL2:00-5:00PM**TIME TRIALS** | **29**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM1ST DAY/SCHOOL | **30**POOL2:20-5:00PM | **31**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **1**POOL8-10AM |

SEPTEMBER 2018

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **3**LABOR DAYNO PRACTICE | **4**POOL2:00-5:00PM | **5**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **6**POOL2:00-5:00PM | **7**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **8**POOL8-10AM |
| **10**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **11****MEET VS NORTH THURSTON @ NTHS 3:30** | **12**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **13****MEET VS SHELTON @ PHS****3:30** | **14**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **15**POOL8-10AM |
| **17**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **18****MEET VS WILSON @ PHS****3:30** | **19**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **20**POOL2:20-5:00PM | **21**WEIGHTS 2:20–3:00PMPOOL3:00-4:00PM | **22**NO PRACTICE |
| **24**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **25**POOL2:20-5:00PM | **26**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **27****MEET VS CENTRAL KITSAP @ PHS 3:30** | **28**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **29****MUKILTEO INVITE @ KCAC****9AM** |

OCTOBER 2017

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **1**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **2****MEET VS CAPITAL @ TESC** **3:30** | **3**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **4****MEET VS TIMBERLINE @ PHS** **3:30*****SENIOR REC.*** | **5**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **6**POOL8-10AM**Swim-a-Thon** |
| **8**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **9****MEET VS LAKES @ LAKES HS** **3:30** | **10**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **11**POOL2:20-5:00PM | **12**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **13**NO PRACTICE |
| **15**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **16****MEET VS PORT ANGELES @ PAHS****3:30** | **17** WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM | **18****MEET VS GHHS @ GHHS****3:30** | **19**WEIGHTS 2:20–3:00PMPOOL3:00-5:00PM**SSC Meet??** | **20**NO PRACTICE |
| **22**POOL2:20-5:00PM | **23**POOL2:20-5:00PM | **24**POOL2:20-5:00PM | **25**POOL2:20-5:00PM | **26****CONFERENCE MEET??****District Meet??** | **27**NO PRACTICE |

OCTOBER/NOVEMBER 2018

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **29**POOL2:20-5:00PM | **30**POOL2:20-4:30PM | **31**POOL2:20-5:00PMHALLOWEEN!! | **1**POOL2:20-5:00PM**DIVING DIST. @ FOSS 4:30PM** | **2****DISTRICT MEET @ MT TAHOMA****TIME: TBA****?????????** | **3****DISTRICT MEET @ MT TAHOMA****TIME: TBA****?????????** |
| **5**POOL2:20-5:00PM | **6**POOL2:20-5:00PM | **7**POOL2:20-5:00PM | **8**POOL2:20-5:00PM | **9****STATE MEET @ KCAC****TIME: 9AM****??????????** | **10****STATE MEET @ KCAC****TIME: 9AM****??????????** |

\*1ST DAY OF PRACTICE: AUGUST 20TH

\*LAST DAY OF PRACTICE (IF NOT QUALIFIED FOR DISTRICTS): OCTOBER 26TH

\*WIAA RULES STATE YOU MUST HAVE 10 PRACTICES BEFORE YOU CAN COMPETE

\*SATURDAY PRACTICES: FOCUS WILL BE ON STARTS, TURNS, FINISHES, RELAY EXCHANGES, ETC.

 **THESE PRACTICES ARE NOT OPTIONAL**

**\*ALL PRACTICES AND MEETS ARE MANDATORY**

--YOU MUST COMMUNICATE WITH YOUR COACHES THE DAY BEFORE PRACTICE IF YOU

 CANNOT ATTEND.

--YOU MUST BE AT PRACTICE THE DAY BEFORE A MEET IN ORDER TO COMPETE.

 --HAVING LESS THAN 60% ATTENDANCE WILL JEOPARDIZE YOUR STATUS ON THE TEAM.

 --MISSING MORE THAN TWO MEETS WITHOUT A LEGITIMATE, PRE-COMMUNICATED

 REASON WILL JEOPARDIZE YOUR STATUS ON THE TEAM.

\*COME PREPARED FOR ALL PRACTICES AND MEETS

 --PROPER ATTIRE FOR WEIGHTS (NO OPEN-TOED SHOES, BRING WATER BOTTLE).

 --ONE-PIECE SWIM SUIT, CAP, GOGGLES (HAVE BACKUPS).

 --PROPER NUTRITION FOR MEETS

\*AWARDS BANQUET WILL BE ON ­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ IN THE COMMONS AT 6:30PM.

 IT WILL BE A DESSERT POTLUCK. DETAILS TO FOLLOW AT A LATER DATE.