AUGUST 2018

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **20**  1ST DAY OF PRACTICE  POOL 4-6PM | **21**  POOL  4-6PM | **22**  POOL  4-6PM | **23**  POOL  4-6PM | **24**  POOL  4-6PM  **\*\*TEAM APPAREL AND SUIT ORDERS DUE\*\*** | **25**  POOL  8-10AM  BREAKFAST!!  **\*\*MANDATORY PARENT MTG**  **10:00AM\*\*** |
| **27**  WEIGHTS 2:00–3:00PM  POOL  3:00-5:00PM | **28**  POOL  2:00-5:00PM  **TIME TRIALS** | **29**  WEIGHTS 2:20–3:00PM  POOL  3:00-5:00PM  1ST DAY/SCHOOL | **30**  POOL  2:20-5:00PM | **31**  WEIGHTS 2:20–3:00PM  POOL  3:00-5:00PM | **1**  POOL  8-10AM |

SEPTEMBER 2018

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

OCTOBER 2017

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

OCTOBER/NOVEMBER 2018

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