

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
					Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
19	20	21	22	23	24	25
NO PRACTICE	Swim: 11:00 – 1:00 Dive: 4:00 – 5:00	Swim: 11:00 – 1:00 Dive: 4:00 – 5:00	Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	NO PRACTICE	Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
26	27	28	29	30		
NO PRACTICE	Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	Swim: 2:45 – 4:45 Dive: 4:45 – 5:45		

OJR
SWIMMING
&
DIVING

Drylands during
diving practice
TBA, pending the
week / training cycle.

This is subject to adjustments,
pending schedule changes,
weather impact, etc.

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	2 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
3 NO PRACTICE	4 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	5 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	6 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	7 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	8 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	9 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
10 NO PRACTICE	11 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	12 Away Meet: Perkiomen Valley	13 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	14 Home Meet: Spring Ford	15 Away Meet: Pope John Paul II	16 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
17 NO PRACTICE	18 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	19 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	20 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	21 Home Meet: Upper Perkiomen	22 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	23 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
24 NO PRACTICE	25 NO PRACTICE	26 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	27 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	28 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	29 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	30 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
31 NO PRACTICE						

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January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO PRACTICE	2 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	3 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	4 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	5 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	6 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
7 NO PRACTICE	8 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	9 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	10 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	11 Away Meet: Norristown	12 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	13 NO PRACTICE Age Group Meet
14 NO PRACTICE	15 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	16 Home Meet: Boyertown	17 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	18 Away Meet: Upper Merion	19 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	20 NO PRACTICE Age Group Meet
21 NO PRACTICE	22 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	23 Home Meet: Pottsgrove	24 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	25 Away Meet: Phoenixville	26 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	27 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
28 NO PRACTICE	29 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	30 Home Meet: Methacton	31 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45			

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February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	2 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	3 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
4 NO PRACTICE	5 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	6 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	7 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	8 Away Meet: PAC League Diving Swim: 2:45 – 4:45	9 Away Meet: PAC League Swimming Swim: 2:45 – 4:45	10 Away Meet: PAC League Swimming NO PRACTICE
11 NO PRACTICE	12 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	13 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	14 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	15 Swim: 2:45 – 4:45 District Diving @ NP	16 Swim: 2:45 – 4:45 District Diving @ NP	17 NO PRACTICE Age Group Meet
18 NO PRACTICE	19 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00	20 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	21 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	22 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	23 Away Meet: District Swimming	24 Away Meet: District Swimming
25 NO PRACTICE	26 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	27 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	28 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	29 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45		

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March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	2 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
3 NO PRACTICE	4 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	5 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	6 Swim: 11:00 – 1:00 Dive: 4:00 – 5:00	7 Swim: 11:00 – 1:00 Dive: 4:00 – 5:00	8 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	9 Coaches arrive @ 8:30 Swim: 9:00 – 11:00 Dive: 11:00 – 12:00
10 NO PRACTICE	11 Swim: 2:45 – 4:45 Dive: 4:45 – 5:45	12 PIAA State Meet @ Bucknell	13 PIAA State Meet @ Bucknell	14 PIAA State Meet @ Bucknell	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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