

NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M. Practices - Light Blue P.M .Practices - Dark Blue Meets - Yellow All Team Events - Green Qualifier Team Events - Purple		Optional Lift = Weight lifting			1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
	Veterans Day					
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Optional Lift 6am 7:30am			Thanksgiving Day		
	Practice 3:30-5:30pm	Practice 3:30-5:30pm	Practice 7am-10am	Off	Off	Practice 7am-10am

DECEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Optional Lift 6am-7:30am					Practice 7am-10am
	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-5:30pm Sprint 3:30-5pm	
8	9	10	11	12	13	14
	Optional Lift 6am-7:30am		Optional Lift 5:30am-7am		Pull (swim) 6am-7am	Practice 7am-10am
	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-5:30pm Sprint 3:30-5pm	
15	16	17	18	19	20	21
	Optional Lift 6am-7:30am		Optional Lift 5:30am-7am	Meet vs. U of D Report 3:30pm Warm Up 4pm Meet Start 5pm	Pull (swim) 6am-7am	Quad Meet Report 9:40am
	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm		Practice 3:30-5:30pm Sprint 3:30-5pm	Warm Up 10am Meet Start 12pm
22	23	24	25	26	27	28
	Practice 8am-11am		Christmas	Practice 8am-11am	Practice 8am-11am	Meet Cranbrook invite Diving Start 10:15am Swimming Bus 9am, Warm-up 11am, Start 12:30pm
		Off	Off			
29	30	31	A.M. Practices - Light Blue P.M. Practices - Dark Blue Meets - Yellow All Team Events - Green Qualifier Team Events - Purple		Optional Lift = Weight lifting Pull (Swim) = Coach to explain Sprint = Coach to explain	
	Practice 8am-11am	Off				

JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M. Practices - Light Blue P.M. Practices - Dark Blue Meets - Yellow All Team Events - Green Qualifier Team Events - Purple			1	2	3	4
			New Year's Day		Pull (swim) 6am-7am	Practice 7am-10am
			Off	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	
5	6	7	8	9	10	11
	Optional Lift 6am-7:30am	Meet vs. St. Clair (H) Report 4:30pm	Optional Lift 5:30am-7am		Pull (swim) 6am-7am	Practice 7am-10am
	Practice 3:30-6pm Sprint 3:30-5pm	Warm Up 5pm Meet Start 6pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	
12	13	14	15	16	17	18
	Optional Lift 6am-7:30am	Meet vs. Chippewa (A) Bus 2:30pm	Mid Term Week 1/2 day of School	Mid Term Week 1/2 day of School	Mid Term Week 1/2 day of School	Practice 7:30am-10am
	Practice 3:30-6pm Sprint 3:30-5pm	Warm Up 4pm Meet Start 5pm	Practice 12 - 2pm	Practice 12 - 2pm	Practice 10 - 12pm	South Boys Team Breakfast (TBD)
19	20	21	22	23	24	25
	Practice 9 - 11:30am	Meet vs. Fraser (H) Report 4:30pm	Optional Lift 5:30am-7am		Pull (swim) 6am-7am	Practice 7am-10am
	MLK Day No School	Warm Up 5pm Meet Start 6pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	
26	27	28	29	30	31	
	Optional Lift 6am-7:30am	Meet vs. Dakota (A) Report 3:30pm	Optional Lift 5:30am-7am		Pull (swim) 6am-7am	
	Practice 3:30-6pm Sprint 3:30-5pm	Warm Up 5pm Meet Start 6pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	

FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A.M. Practices - Light Blue P.M. Practices - Dark Blue Meets - Yellow All Team Events - Green Qualifier Team Events - Purple						1
						Practice 7am-10am
2	3	4	5	6	7	8
Hair Bleaching Party (All Team) Time 5 - 10pm Location 1029 Balfour	Optional Lift 6am-7:30am	Meet vs. GP North (H) Report 4:30pm Warm Up 5pm Meet Start 6pm	Optional Lift 5:30am-7am		WC Diving WU - 3pm Start 5pm	WC Swimming Report 8:30am Warm Up 9:00am Meet Start 11am
	Practice 3:30-6pm Sprint 3:30-5pm		Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-5pm	
9	10	11	12	13	14	15
	Optional Lift 6am-7:30am	Meet vs. Eisenhower (H) Report 4:30pm Warm Up 5pm Meet Start 6pm	Optional Lift 5:30am-7am	MISCA Dinner 6:30 (Qualifers only)	MISCA Diving Report TBD	MISCA Finals Report 6:45am/Depart 7am Warm Up 11am Meet Start 12pm
	Practice 3:30-6pm Sprint 3:30-5pm		Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	
16	Mid-Winter Break 17	Mid-Winter Break 18	Mid-Winter Break 19	Mid-Winter Break 20	Mid-Winter Break 21	22
	Practice 9 - 11:30am	Meet vs. L'Anse Creuse (A) Report 3:10pm Warm Up 5pm Meet Start 6pm	Practice 9 - 11:30am	Practice 9 - 11:30am	Practice 9 - 11:30am	Practice 7am-10am
						South Boys Team Breakfast & Head Shaving
23	24	25	26	27	28	29
	Optional Lift 6am-7:30am		Optional Lift 5:30am-7am	MAC Red Diving Report 3:30pm Warm Up 4pm Meet Start 6pm	MAC Red Prelims Report 2:30pm Warm Up 3pm Meet Start 5pm	MAC Red Finals Report 9:40am Warm Up 10am Meet Start 12pm
	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm			
			MAC Red Team Dinner Time 6pm Location Mezzanine			
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MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Optional Lift 6am-7:30am		Optional Lift 5:30am-7am	Diving Regionals Depature TBD	Pull (swim) 6am-7am	Practice 7am-10am
	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	
8	9	10	11	12	13	14
	Optional Lift 6am-7:30am		Pre-State Meet Dinner (State Qualifiers & Relays)		D2 State Prelims Report TBD	D2 State Finals Report TBD
	Practice 3:30-6pm Sprint 3:30-5pm	Practice 3:30-6pm Sprint 3:30-5pm	Time TBD Location TBD	D2 State Meet Depature TBD	Warm Up TBD Meet Start 12pm	Warm Up TBD Meet Start 12pm
15	16	17	18	19	20	21
		End of Season Team Banquet Time 6pm South Commons				
22	23	24	25	26	27	28
29	30	31				