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| **NOVEMBER 2022** |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | 30 | **31** | **1** | **2** | **3** | **4** | 5 |
|  |  |  |  |  |  |  |
|  | 6 | **7** | **8** | **9** | **10** | **11** | 12 |
|  |  |  |  |  | Veterans Day |  |
|  | 13 | **14** | **15** | **16** | **17** | **18** | 19 |
|  |  |  |  |  |  |  |
|  | 20 | **21** | **22** | **23** | **24** | **25** | 26 |
|  |  |  |  | Thanksgiving Day |  |  |
|  | 27 | **28** | **29** | **30** | **1** | **2** | 3 |
|  | **Practice****Swim (5:30 – 7:00am)****Lift (7:00 – 8:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Swim or Lift** **(5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** |  |  |  |

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| **DECEMBER 2022** |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | 27 | **28** | **29** | **30** | **1** | **2** | 3 |
|  |  |  |  | **Practice****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Swim (5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****TIME TRIALS****Regular (8:00 –10:30)** |
|  | 4 | **5** | **6** | **7** | **8** | **9** | 10 |
|  | **Practice****Swim (5:30 – 7:00am)****Lift (7:00 – 8:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Swim or Lift** **(5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Swim Meet****(Home)** | **Practice****Swim (5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Regular (8:00 –10:00)** |
|  | 11 | **12** | **13** | **14** | **15** | **16** | 17 |
|  | **Practice****Swim (5:30 – 7:00am)****Lift (7:00 – 8:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Team Picture (3:15) Swim Meet****(Home)** | **Practice****Swim or Lift** **(5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Swim (5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Regular (8:00 –10:00)** |
|  | 18 | **19** | **20** | **21** | **22** | **23** | 24 |
|  | **Practice****Swim (5:30 – 7:00am)****Lift (7:00 – 8:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Swim or Lift** **(5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Swim (5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **NO PRACTICE****Christmas Eve** |
|  | **25** | Winter Break **26** | Winter Break **27** | Winter Break **28** | Winter Break **29** | Winter Break **30** | Winter Break 31 |
| **Christmas** | **Practice****ALL (8:00 –11:00)** | **Practice****ALL (8:00 –11:00)** | **Practice****ALL (8:00 –11:00)** | **Swim Meet****(Away)** | **Practice****ALL (8:00 –11:00)** | **Practice****ALL (8:00 –11:00)** |

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| **JANUARY 2023** |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | **1** | Winter Break **2** | Winter Break **3** | **4** | **5** | **6** | 7 |
| New Year's Day | **Practice****ALL (8:00 –11:00)** | **Practice****ALL (8:00 –11:00)** | **Practice****Swim or Lift** **(5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Swim Meet****(Home)** | **Practice****Swim (5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Swim Meet****(Away)** |
|  | 8 | **9** | **10** | **11** | **12** | **13** | 14 |
|  | **Practice****Swim (5:30 – 7:00am)****Lift (7:00 – 8:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Swim or Lift** **(5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Swim (5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Regular (8:00 –10:00)** |
|  | 15 | No School **16** | ½ day Mid-Terms **17** | ½ day Mid-Terms **18** | ½ day Mid-Terms **19** | ½ day Mid-Terms **20** | 21 |
|  | **Practice****Regular (9 – 11am)** | **Swim Meet****(Away)** | **Practice****Swim or Lift** **(5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Swim (5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Regular (8:00 –10:00)** |
|  | 22 | **23** | **24** | **25** | **26** | **27** | 28 |
|  | **Practice****Swim (5:30 – 7:00am)****Lift (7:00 – 8:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Swim Meet****(Away)** | **Practice****Swim or Lift** **(5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Swim (5:30 – 7:00am)****Regular (3:30 –4:30)** | **Practice****Regular (5:30 – 7am)** |
|  | 29 | **30** | **31** | **1** | **2** | **3** | 4 |
|  | **Practice****Swim (5:30 – 7:00am)****Lift (7:00 – 8:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Swim Meet****(Home)** |  |  |  |  |

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| **FEBRUARY 2023** |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | 29 | **30** | **31** | **1** | **2** | **3** | 4 |
|  |  |  | **Practice****Swim or Lift** **(5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Swim (5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Swim Meet****(Away)** |
|  | 5 | **6** | **7** | **8** | **9** | **10** | 11 |
|  | **Practice****Swim (5:30 – 7:00am)****Lift (7:00 – 8:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)****)** | **Swim Meet****(Home)** | **Practice****Swim or Lift** **(5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Swim (5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Swim Meet****(Home)** |
|  | 12 | **13** | **14** | **15** | **16** | **17** | 18 |
| **Super Bowl** **Hair Bleaching Party** | **Practice****Swim (5:30 – 7:00am)****Lift (7:00 – 8:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Swim Meet****(Home)** | **Practice****Swim or Lift** **(5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Swim (5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Regular (8:00 –10:00)** |
|  | 19 | Mid-Winter Break **20** | Mid-Winter Break **21** | Mid-Winter Break **22** | Mid-Winter Break **23** | Mid-Winter Break **24** | 25 |
|  | **Practice****Swim (5:30 – 7:00am)****Lift (7:00 – 8:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Swim or Lift** **(5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Dive Meet****(Home)** | **Swim Meet****(Home)** | **Swim Meet****(Home)** |
|  | 26 | **27** | **28** | **1** | **2** | **3** | 4 |
|  | **Practice****Swim (5:30 – 7:00am)****Lift (7:00 – 8:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** |  |  |  |  |

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| **MARCH 2023** |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | 26 | **27** | **28** | **1** | **2** | **3** | 4 |
|  |  |  | **Practice****Swim or Lift** **(5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Swim (5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Regular (8:00 –10:00)** |
|  | 5 | **6** | **7** | **8** | **9** | **10** | 11 |
|  | **Practice****Swim (5:30 – 7:00am)****Lift (7:00 – 8:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Swim or Lift** **(5:30 – 7:00am)****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Practice****Sprint (3:30 – 5pm)****Regular (3:30 –5:30)** | **Swim Meet****(Away)** | **Swim Meet****(Away)** |
|  | 12 | **13** | **14** | **15** | **16** | **17** | 18 |
|  |  |  |  |  |  |  |
|  | 19 | **20** | **21** | **22** | **23** | **24** | 25 |
|  |  |  |  |  |  |  |
|  | 26 | **27** | **28** | **29** | **30** | **31** | 1 |
|  |  |  |  |  |  |  |