

JV SWIM PRACTICE & MEET SCHEDULE

2009 - 2010 (First draft)

***All warm-up, bus, meet times & swim meet locations are subject to change

Mon., Nov 23 – **Time trials** 3:30 – 6:00

Tues., Nov 24 – JV squad posted, 3:30 – 5:45

Wed., Nov 25 – 1:30 – 3:30

Thurs., Nov 26 – No practice, Turkey Day!

Fri., Nov 27 – 10 – 12:00

Sat., Nov 28 – 9:00 - 11 a.m. ***Team Brunch w/ parents in Lg. Café @ 11:00 a.m.

Mon. Nov. 30 – 3:30 – 5:45

Tues., Dec. 1 – 3:30 – 5:45 ***Team Pictures 3:30 today, bring your order form & \$\$\$

Wed., Dec. 2 – 3:30 – 5:45

Thurs., Dec. 3 – 3:30 – 5:45

Fri., Dec 4 – **West Aurora** @ NNHS, *W.U. -4, M – 5, V, JV*

Sat., Dec 5 – 8:00 – 9:30 a.m. swim & **Barr Quad** @ Barrington,

B – 10:45, W.U. – 12:00, M – 1:00, V, JV

Mon., Dec 7 – 6 – 7 swim & 3:30 – 5:45 swim

Tues., Dec 8 – 6 – 7 weights & 3:30 – 5:45 swim

Wed., Dec 9 – 6 – 7 swim & 3:30 – 5:45 swim

Thurs., Dec 10 – 6 – 7 weights & 3:30 – 5:45 swim

Fri., Dec 11 – 6 – 7 swim & 3:30 – 5:45 swim

Sat., Dec 12 – 8:00 – 9:30 a.m. swim & **Barr Relays** @ Barrington,

B – 11:00, W.U. 12:30, M – 1:30, Var

Mon., Dec 14 – 6 – 7 swim & 3:30 – 5:45 swim

Tues., Dec 15 – 6 – 7 weights & 3:30 – 5:45 swim

Wed., Dec 16 – 6 -7 swim & 3:30 – 5:45 swim

Thurs., Dec 17 – 6 – 7 weights & 3:30 – 5:45 swim

Fri., Dec 18 – 6 – 7 swim & 2 – 4:30 swim (not in **NVHS Frosh/Soph Invite**)

B – 3:30, W.U. – 4:00, M – 5:00, Fr / Soph

Sat., Dec 19 – 8 – 9:30 a.m. swim & **GBN “Frosh” Invite** *B - 10:00, W.U. – 11:00, M - 12:00*

Neuqua Var Invite *B - 11:15, W.U. – 12:00, M – 1:00*

Mon., Dec 21 - 6:30 – 8:30 swim

Tues., Dec 22 – NNHS College Events meet All JV squad works this meet Attendance is mandatory! YOU MUST BE ON THE DECK BY 12:15 AT NNHS....

Wed., Dec 23 – 6:30 - 8:30 swim

Thurs., Dec 24 – 6:30 – 8:30 swim JV CANDY CANE RELAYS

Fri., Dec 25 – No Practice / Happy Holidays to all!

Sat. Dec 26 - 8:30 – 10:30 swim

Mon., Dec 28 - 6:30 – 8:00 swim TAKE YOUR SWIM GEAR FOR PRACTICE @ NCHS!!!

Tues., Dec 29 - 6:30 - 8:00 swim @ NCHS use door #23

Wed., Dec 30 - 6:30-8:30 swim @ NCHS use door #23

Thurs. Dec. 31 – 6:30 – 8:30 swim

Fri., Jan. 1 – No practice

Sat., Jan. 2 – 8:30 – 10:30 swim

***Please make sure you give any written parent notes to the coaches in **ADVANCE!!!**

JV SWIM PRACTICE SCHEDULE CONT.

Mon., Jan 4 – 6 – 7 swim & 3:30 – 5:30 swim
Tues., Jan 5 – 6 – 7 weights & 3:30 5:30 swim
Wed., Jan 6 – No AM & 3:30 – 5:30 swim
Thurs., Jan 7 – 6 – 7 weights & 3:30 – 5:30 swim
Fri., Jan 8 – 6 – 7 swim & **Wheaton Coop @ NNHS**, *W.U. – 4, M – 5, V, JV*
Sat., Jan 9 – 8 – 9:00 swim & **HC “Frosh” Invite** *B – 9:45, W.U. – 11:00, M – 12:00*
Evanston Invite Var *B – 10:20, W.U. – 12:00, M – 1:00*

Mon., Jan 11 – 6 – 7 swim & 3:30 – 5:30 swim
Tues., Jan 12 – 6 – 7 weights & 3:30 -5:30 swim
Wed., Jan 13 – No AM & 3:30 – 5:30 swim
Thurs. Jan 14 – 6 – 7 weights & 3:30 – 5:30 swim
Fri., Jan 15 – 6 – 7 swim & **NVHS @ NVHS B @ 3:30**, *W.U. – 4:00, M – 5:00, V & JV*
Sat., Jan 16 – No swim & **DGS “Frosh” Invite** *B – 8:15, W.U. – 9:00, M – 10:00*
New Trier Relays @ NTHS *B – 11:00, W.U. – 12:30, M – 1:30, Var*

Mon., Jan 18 – 6:30 - 8:30 a.m. swim & No school today!
Tues., Jan 19 – 6 – 7 weights & **NC @ NNHS**, *W.U. – 4, M – 5, V, JVI & 2, Senior Night*
Wed., Jan 20 – 6 – 7 swim & 3:30 – 5:30 swim
Thurs., Jan 21 – 6 – 7 weights & 3:30 – 5:30 swim
Fri., Jan 22 – 6 -7 swim & **Wab. Valley @ WVHS** *B – 3:20, W.U. – 4:00, M – 5:00, V, JV*
Sat., Jan 23 – No a.m. swim **Dan O’Brien Relays @ Fenwick**
B – 8:15, W.U. – 9:00, M – 10:00, Frosh/Soph
Evanston @ Evanston *B – 11:00, W.U. – 12, M – 1:00, V, JV*

Mon., Jan 25 – **No A.M.’s** & 3:30 – 5:00 swim (Note: Taper begins for Fox Valley & DVC)
Tues., Jan 26 – **West Chicago / Benet @ WC** *B – 3:30, W.U. – 4:00, M – 5:00, V, JVI & JV2*
Wed., Jan 27 - 3:30 – 5:30 swim
Thurs., Jan 28 – 3:30 – 5:30 swim
Fri., Jan 29 – 3:30 – 5:30 swim
Sat., Jan 30 **Fox Valley Invite** *W.U. - 8:00, B - 10:15, M – 12:00 V, Frosh*
Mon., Feb 1 – 3:30 - 5:30 swim
Tues., Feb 2 – 3:30 – 5:30 swim
Wed., Feb 3 – 3:30 – 5:30 swim
Thurs., Feb 4 – 3:30 – 5:30 swim,
Fri., Feb 5 – 3:30 – 5:30 swim
Sat., Feb 6 – **DVC Conference meet @ WCHS** *V, JV, Frosh (Everyone swims in this meet!)*
Pancake breakfast @ NNHS on deck) *B – 8:15, W.U. – 9:00, M – 10*
Fri., Feb 19 – Sectional Pasta Dinner for sectional team only
Sat., Feb 20 - **Sectionals @ NVHS Diving @ 9:00 / Swimming @ 1:00**
Thurs., Feb 25 – State Pasta Dinner for sectional team only
Fri., Feb 26 – **State Prelims @ Evanston HS**
Sat., Feb 27 – **State Finals @ Evanston HS**
*****Coach Lew Kasten, (w) 420-6332 Beebe, (w) 420-6490 NNHS Athletics,**
NNHS Pool 420-6494, lkasten@naperville203.org