

November – NN Boys Varsity Swimming

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
2		3 Beginning of the season meeting. All forms, calendar, etc are handed out.	4 Open pool – 6-7am	5	6 Open pool – 6-7am	7
9 Open Pool – 6-7am		10	11 Open pool – 6-7am	12	13 Open pool – 6-7am	14
16 Open pool - 6-7am		17	18 Open pool – 6-7am	19	20 <i>No open pool today! All forms must be handed in to athletic office by this date in order to be eligible to be on the team</i>	21
23 Season Begins today Time Trials from 3:30-6:00pm		24 Morning swim practice, 5:30-7:00am for those want to try V workout. V Swim - 3:30-6pm (V and JV squads announced)	25 No School – Teacher institute. V Swim – 1:30-4:30pm	26 No practice – Thanksgiving	27 V Swim – 8-11am V weights – 11am-12pm	28 V Swim 8-11am Brunch and parent meeting to follow in Large Café.
30 V weights – 6-7am V swim – 3:30-6pm						

Open Pool
Is an opportunity to get in the pool and swim. Due to IHSA regulations it is not an organized practice, is not mandatory, and is open to all NNHS students

2009

December – NN Boys Varsity Swimming

Mon

Tue

Wed

Thu

Fri

Sat

1

V swim – 5:30-7am
V swim – 3:30-6pm

Picture Day! 3:30-4pm

2

V weights – 6-7am
V swim – 3:30-6pm

3

V swim – 5:30-7am
V swim – 3:30-6pm

4 Home Meet

West Aurora – S/D 5pm
(V/JV)

V weights – 6-7am

5 Away Meet

Barrington Quad –
S @ 1pm / D @ 9am
(V/JV)

V swim – 8-9:30am; Bus
leaves at 10:45

7

V weights – 6-7am
V swim – 3:30-6pm

8

V swim – 5:30-7am
V swim – 3:30-6pm

9

V weights – 6-7am
V swim – 3:30-6pm

10

V swim – 5:30-7am
V swim – 3:30-6pm

11

V weights – 6-7am
V swim – 3:30-6pm

12 Away Meet

Barrington Relays – S @
1:30pm / D @ 9:30am (V)

V swim – 8:30-9:50am
Bus leaves at 11am

14

V weights – 6-7am
V swim – 3:30-6pm

15

V swim – 5:30-7am
V swim – 2-4:30pm

16

V weights – 6-7am
V swim – 2-4:30pm

17

V swim – 5:30-7am
V swim – 2-4:30pm

18 Away Meet

NV Invite – S @ 5pm
(F/S)

V weights – 6-7am
V swim – 2-4:30pm

19 Away Meet

GBN Invite – S @ 12pm (F)
NV Invite – S @ 1pm / D @
9am (V)

V swim – 8:30-10am
NV bus @ 11:15; GBN bus
@ 10:00

Week of Finals

21 Winter Break

V swim – 8-10am
V weights – 10:30-11:30am
V swim – 1-3pm

22 Home Meet

NN College Events – S @
1pm/D @ 9am

V swim – 6:30-8:30am
Warmups @ 11:45 sharp

23

V swim – 8-10 am
V weights – 10:30-11:30am
V swim – 1-3 pm

24

V swim – 8-11am

25

No Practice

26

V swim – 8-11am

28

V swim – 8-10am
V weights – 10:30-11:30am
V swim – 1-3pm

29

V swim – 8-11am @ NCC

30

V swim – 8-11am @ NCC
V weights – 12-1pm @ NN

31 Back @ NNHS

V swim -8-11am

Practice times and places
may change!

2009

January – NN Boys Varsity Swimming

Mon

Tue

Wed

Thu

Fri

Sat

4

V weights – 6-7am
V swim – 3:30-6pm

Second Semester Begins

11

V weights – 6-7am
V swim – 3:30-6pm

18 No School/MLK day

V swim – 8-11am
V weights – 11-12pm

25

V weight – 6-7am
V swim – 3:30-6pm

5

V swim – 5:30-7am
V swim – 3:30-6pm

12

V swim – 5:30-7am
V swim – 3:30-6pm

19 Senior Night

NC-S/D @ 5pm (V,JV1,JV2)

V swim – 5:30-7am

26 Away Meet

WC/Benet – S/D @ 5pm (V, JV,1, JV2 @ WC; bus @ 3:30

V swim – 5:30-7am

6

V weights – 6-7am
V swim – 3:30-6pm

13

V swim – 6-7am
V swim – 3:30-6pm

20

V swim – 6-7am
V swim – 3:30-6pm

27

V swim – 6-7am
V swim – 3:30-6pm

7

V swim – 5:30-7am
V swim – 3:30-6pm

14

V swim – 5:30-7am
V swim – 3:30-6pm

21

V swim – 5:30-7am
V swim – 3:30-6pm

28

V swim – 5:30-7am
V swim – 3:30-6pm

1

No Practice – Happy New Year!

8 Home Meet

Wheaton COOP – S/D @ 5pm (V/JV)

V weights – 6-7am

15 Away Meet

NV –S/D @ 5pm (V, JV)

V weights – 6-7am
Bus @ 3:30pm

22 Away Meet

WV – S/D @ 5pm (V, JV)

V weights – 6-7am

29

Fox Valley @ WV -D@5pm (V,F)

V weights – 6-7am
V swim – 3:30-6pm

2

V swim 8-11am
V weights 11-12

9 Away Meet

Evanston Invite –S@ 1pm (V) D@9am; Bus@ 10:20am

HC Invite – S@12pm/D@ 9am (F) Bus @ 9:45am

Practice 8-9:10am

16 Away Meet

NT relays –S @ 1:30pm (V)

DGS Invite – S @ 10am (F)

V swim 8-9:30am; NT bus @ 11, DGS bus @ 8:15

23 Away Meet

Evanston –S/D@1pm (V,JV) Bus @ 11am

Fenwick relays – S@10am (F/S); Bus @ 8:15

Practice 8:30-9:45

30 Away Meet

Fox Valley@WV – S@12pm (V,F) ; Bus @ 10:15

V swim 8-9:15

2009

February – NN Boys Varsity Swimming

Practice times will change depending on when your son is tapering. This is a guideline for now.

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 V weights – 6-7am V swim – 3:30-6pm	2 V swim – 5:30-7am V swim – 3:30-6pm	3 V swim – 6-7am V swim – 3:30-6pm	4 V swim – 5:30-7am V swim – 3:30-6pm	5 DVC Dive @ WC DVC – D@ 5pm (V,JV,F) V weights – 6-7am V swim – 3:30-6pm	6 DVC Swim @ WC DVC – S@ 10am (V,JV,F) V swim – 6-7:30am; bus @ 8:15
8 V weights – 6-7am V swim – 3:30-6pm	9 V swim – 5:30-7am V swim – 3:30-6pm	10 No morning, enjoy! V swim – 3:30-6pm	11 V swim – 5:30-7am V swim – 3:30-6pm	12 V weight – 6-7am V swim – 3:30-6pm	13 V swim – 8-10:30am
15 No School/ President's day V swim – 8-10:30am	16 V swim – 6-7am V swim – 3:30-6pm	17 V swim 3:30-6pm	18 V swim – 3:30-6pm	19 V swim 3:30-5:30pm	20 Away Meet IHSA Sectionals @ NV; D @ 9am, S @ 1pm V swim 8:30-9:30, bus @ 11:10am
22 V swim – 3:30-5:30	23 V swim – 3:30-5:30	24 V swim – 3:30-5:30	25 V swim 3:30-5:30pm	26 IHSA State Meet @ Evanston; times TBA	27

2009