

Practice Schedule

Practices Nov. 13-Feb 1 (or 9 for Sectionals, or 16 for State)

3:00-6:00 pm Monday - Thursday

- Pool 3:00-5:05 – Need suit & goggles (cap optional)
- Dryland 5:10-6:00* – Need gym clothes & shoes

3:00-5:10 pm Fridays (pool only, *no dryland*)

***Conditioning Phase** Nov. 13-29 – dryland is mandatory for everyone
After Dec. 4:

****Junior Varsity** required to attend dryland on **Tuesdays**. Other days are optional, but encouraged.

****Varsity** required to attend all dryland (unless in Strength & Speed) and Saturday practices

Saturday practices every non-meet Saturday

8:00-11:00 am – Nov. 18, Dec. 16 & 23, Jan. 6 & 27

- Pool 8:00-10:00 – Need suit & goggles (cap optional)
- Dryland 10:15-11:00 – Need gym clothes & shoes

Holiday practices

8:00-11:00 am week of Christmas Break Dec. 26-30

- Pool 8:00-10:00 – Need suit & goggles (cap optional)
- Dryland 10:15-11:00 – Need gym clothes & shoes

NO practices Thanksgiving weekend (Nov. 26-27)

NO practices Christmas Eve & Day (Dec. 24-25)

NO practices New Year's Eve & Day (Dec. 31-Jan. 1)

Meets at a Glance

Nov. 30, Thurs	JV/Var Dual HOME Meet vs. Port Washington	
	Arrive 4:30 pm, Warm-Up 5:00	Meet 6:00 pm
Dec. 2, Sat	JV/Var Hartford Relay Meet @ HOME	
	Arrive 10:15 am, Warm-up 10:30	Meet 12:00 pm
Dec. 7, Thurs	JV/Var Dual Meet @ Cedarburg	
	Bus leaves 3:50 pm, SHS 4:00	Meet 6:00 pm
Dec. 9, Sat	Varsity Invite @ Ft. Atkinson	
	Bus leaves 7:10 am	Meet 10:00 am
Dec. 14, Thurs	JV/Var Dual HOME Meet vs. West Bend	
	Arrive 4:30 pm, Warm-Up 5:00	Meet 6:00 pm
Dec. 19, Tues	North Shore Conference Relay Meet @ Grafton	
	Bus leaves 3:55 pm, SHS 4:05	Meet 6:00 pm
Dec. 22, Fri	Alumni Scrimmage @ HOME	
	Work out 4:30 pm	Meet 7:00 pm
Dec. 30, Sat	JV/Var Meet @ Waukesha North (pizza party after!)	
	Bus leaves 8:10 am	Meet 10:00 am
Jan. 11, Thurs	JV/Var Dual HOME Meet vs. Nicolet - Parents Night	
	Arrive 4:30 pm, Warm-Up 5:00	Meet 6:00 pm

Jan. 13, Sat	Varsity Invite @ Fond du Lac Aquatic Center	
	Bus leaves 9:20 am	Meet 12:00 pm
Jan. 18, Thurs	JV/Var Dual HOME Meet vs. Homestead Senior Night	
	Arrive 4:30 pm, Warm-Up 5:00	Meet 6:00 pm
Jan. 20, Sat	Varsity Invite @ Tosa West	
	Bus leaves 10:00 am	Meet 12:30 pm
Jan. 23, Tues	JV/Var Dual Meet @ Grafton	
	Bus leaves 3:55 pm, SHS 4:05	Meet 6:00 pm
Jan. 25, Thurs	JV/Var Dual Meet @ Whitefish Bay	
	Bus leaves 4:35 pm, SHS 3:45	Meet 6:00 pm
Feb. 2, Fri	NS JV Conference Meet @ Homestead	
	Bus leaves 3:30 pm, SHS 3:45	Meet 6:00 pm
Feb. 3, Sat	NS Vars Conf Meet @ Thomas Jefferson MS, Port Wash	
	Bus leaves 8:15 am	Meet 11:00 am
Feb. 10, Sat	WIAA Sectionals @ Homestead	
	Bus leaves 9:10 am	Meet 12:00 pm
Feb. 17, Sat	WIAA State @ UW Madison	
	Van leaves 11:00 am	Meet 3:00 pm

