



# 2016-2017 HARTFORD BOYS SWIMMING

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		14	15	16	17	18	19
		1 <sup>st</sup> day of practice on deck, ready to swim by 3:00	Practice Nov 14-Dec 1 from 3:00-6:15 pm, includes an hour of strength training & conditioning. Bring workout clothes & shoes			No School team photos 2:00 practice until 5:00	
SUNDAY		20	21	22	23	24	25
NOV			PARENT MEETING 6:00-6:30 pm Drama Lecture			Thanksgiving Break. Travel on! Eat well!	
		27	28	29	30	1	2
			JV/Var Dual vs Arrowhead arrive 4:30 pm meet 6:00 pm			Var Compass Meet @ Waukesha North bus 3:30 pm meet 6:00 pm	3
DECEMBER		4	5	6	7	8	9
			Afternoon Practices: Dec. 5 onward 3:00-5:05 every non-meet school day On deck, ready to swim by 3:00	Early release normal practice time	JV/V Dual vs Sheboygan South arrive 4:30 meet 6:00 pm		Varsity Invite @ Ft Atkinson bus 7:10 am meet 10:00 am
		11	13	14	15	16	17
			Morning Practices: Dec 5 onward Monday & Wednesday 5:30-6:50 am Varsity: required ..... JV: voluntary			Var Hartford Relay Meet Rescheduled to 1/21 due to weather	
		18	19	20	21	22	23
						Alumni Scrimmage long night, come fed workout 4:30pm meet 7:00pm	Christmas Eve No practice
		25	26	27	28	29	30
CHRISTMAS DAY		12 Days in 1 practice 7:00-10:00 am dryland & swimming	Meet in a Day practice 7:00-10:00 am dryland & swimming	Jingle all the Way practice 7:00-10:00 am dryland & swimming	4,000 for time practice 7:00-10:00 am dryland & swimming	Auld Lang Syne practice 7:00-10:00 am dryland & swimming	New Year's Eve No practice
		1	2	3	4	5	6
NEW YEAR'S DAY		No School	In with the New practice 7:00-10:00 am dryland & swimming		JV/Var Dual vs Waukesha West bus 3:45 pm meet 6:00 pm		7
		8	9	10	11	12	13
JANUARY					JV/Var Dual vs Watertown PARENTS NIGHT meet 6:00 pm		Varsity Invite @ Fond du Lac bus 9:20 am meet 12:00 pm
		15	16	17	18	19	20
			JV/Var Dual vs Wauk North/KM arrive 4:30 pm meet 6:00 pm	Early release normal practice time	JV/Var Dual @ Beaver Dam YMCA bus 1:45 pm meet 4:00 pm		Var Hartford Relay Meet arrive 10:15 am meet 12:00 pm
		22	23	24	25	26	27
		No School 7:00-10:00 am practice			JV/Var Dual vs West Bend SENIOR NIGHT meet 6:00 pm		Varsity Invite @ Tosa West HS bus 10:00 am meet 12:30 pm
		29	30	31	1	2	3
					Hair Orang-ifying & Pasta Potluck after practice		WLT Conference @ HUHS arrive 10:00 am meet 12:00 pm
		5	6	7	8	9	10
FEB.					Early release normal practice time		WIAA Sectionals @ Homestead HS bus 9:00 am meet 12:00 pm
		12	13	14	15	16	17
		No School 7:00-10:00 am practice	Awards Banquet **Feb 21 6:00 Cafeteria				WIAA State @ UW-Madison van 11:00 am meet 3:00 pm