

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

