

August Girls Swim Schedule

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13 8-10am Dryland 3-5:30pm Swim	14 6-8am Dryland(Link Leaders only) 8-10am Dryland 3-5:30pm Swim	15 8-10am Dryland 3-5:30pm Swim	16 8-10am Dryland 3-5:30pm Swim	17
18	19 8-10am Dryland/Time Trials 10-11am Freshman Tour of the Building 3-5:30pm Swim **Time Trials**	20 6-8am Dryland/Time Trials 3-5:30pm Swim **Time Trials**	21 8-10am Dryland/Time Trials 3-5:30pm Swim **Time Trials**	22 8-10am Dryland/Time Trials 2:30pm Bulletin Board Pictures (wear your team suit) 3-5:30pm Swim **Time Trials**	23 8-10am Dryland/Time Trials 10-11am Breakfast at Vasilli's 3-5:30pm Swim **Time Trials**	24 Meet @ DeForest Bus leaves at 8am **Pack a snack or bring money for food.**
25	26 3-5:30pmSwim	27 Meet @ home Warm ups @4pm	28 10:30am Team Pictures in Pool Area 3-3:30pm Dryland 3:30-5:30pm Swim	29 3-3:30pm Dryland 3:30-5:30pm Swim	30 3-3:30pm Dryland 3:30-5:30pm Swim	31

There is a mandatory parent/athlete meeting with the athletic and coach on Tuesday, July 16 from 6-7:30pm. Starting in the High School Auditorium with the Athletic Director and concluding in the pool area with a meeting with the swim coaching staff. This meeting is extremely important, so parents please plan on attending. Please bring your checkbooks to pay for team caps. Information on ordering team apparel and team suits will be distributed as well. There will be a freshman tour of the building on Monday, August 19 from 10am-11am. Please bring your schedules and any questions you may have. Thursday, August 22, I will take your picture for our bulletin board. Please wear your team suit for the picture. Wednesday, August 28 is team pictures in the pool at 10:30am. Athletes will wear their team suits for pictures. Please bring suit, goggles, cap, towel, water bottle, running shoes, shorts, t-shirt and socks to every practice! Please note there is no freshman team, so if the schedule says JV and Varsity swim, everyone is swimming. Also, do not assume you will not be going to Varsity meets. Varsity status can change from meet to meet, based on times and needs of swimmers for different races. Reminder Saturday meet entries have to be in a week in advance, letting me know you won't be able to attend at the last minute hurts the team and your chances of swimming in future meets. In high school, it is expected that you attend meets and practices.