

SEPTEMBER 2026 VARSITY WATER POLO & SWIM PRACTICE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aug 30	Aug 31 Water Polo Players <u>ONLY</u> 5:35 am Girls Setup 5:45-7:15 am Door: Ellie T.	Sept 1 Swimmers <u>ONLY</u> (polo excused) Drylands/weights 6:15-7:15 am Door: Isabella A.	2 Swimmers <u>ONLY</u> (polo excused) Drylands/weights 6:15-7:15 am Door: Alara M.	3 Water Polo Players <u>ONLY</u> 5:35 am Boys Setup 5:45-7:15 am Door: Derek J.	4 <u>ALL</u> Athletes Swim 6:15-7:15 am Door: Emma S.	5
6	7 LABOR DAY STUDENT/STAFF HOLIDAY NO SWIM PRACTICE Water Polo 8:00-10:00 am	8 Swimmers <u>ONLY</u> (polo excused) Drylands/weights 6:15-7:15 am Door: Brooklynn C.	9 Water Polo Players <u>ONLY</u> 5:35 am Girls Setup 5:45-7:15 am Door: Gianna P.	10 Water Polo Players <u>ONLY</u> 5:35 am Boys Setup 5:45-7:15 am Door: Barrett R.	11 Swimmers <u>ONLY</u> (polo excused) Swim 6:15-7:15 am Door: Keaton G.	12
13	14 Water Polo Players <u>ONLY</u> 5:35 am Girls Setup 5:45-7:15 am Door: Grace H.	15 Swimmers <u>ONLY</u> (polo excused) Swim 6:15-7:15 am Door: Madelyn T.	16 Swimmers <u>ONLY</u> (polo excused) Swim 6:15-7:15 am Door: Lexi W.	17 Water Polo Players <u>ONLY</u> 5:35 am Boys Setup 5:45-7:15 am Door: Teagan M.	18 NO SWIM PRACTICE STUDENT HOLIDAY STAFF WORKDAY	19
20	21 Water Polo Players <u>ONLY</u> 5:35 am Girls Setup 5:45-7:15 am Door: Alaina G.	22 Swimmers <u>ONLY</u> (polo excused) Swim 6:15-7:15 am Door: Haley H.	23 Swimmers <u>ONLY</u> (polo excused) Swim 6:15-7:15 am Door: Cami G.	24 Water Polo Players <u>ONLY</u> 5:35 am Boys Setup 5:45-7:15 am Door: Parker R.	25 All Athletes Swim 6:15-7:15 am Door: Gabby U.	26 Black & Gold Intrasquad Swim Meet WU: 8:30 am MS: 9:30 am
27	28 Water Polo Players <u>ONLY</u> 5:35 am Girls Setup 5:45-7:15 am Door: Brook H.	29 Swimmers <u>ONLY</u> (polo excused) Swim 6:15-7:15 am Door: Blake B.	30 Swimmers <u>ONLY</u> (polo excused) Swim 6:15-7:15 am Door: Mallory M.	Oct 1 <u>ALL</u> Athletes Swim (meet WU) 6:15-7:15 am Door: Luke F.	Oct 2 <u>ALL</u> Athletes Team meeting @ pool 7:15 am (goal setting for swim)	Oct 3