

September 2023 JV SWIMMING PRACTICE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Drylands till bell	2
3	4 Labor Day <u>NO</u> School/Practice	5 Swim till bell	6 Swim till bell	7 Swim till bell	8 Drylands or weight room till bell	9
10	11 Swim till bell	12 Swim till bell	13 Drylands or weight room till bell	14 Swim till bell	15 Drylands or weight room till bell	16
17 <i>*4:00 pm practices start; mandatory ALL JV swimmers! (need a ride home, no buses)*</i>	18 Swim till 4:00 pm	19 Swim till 4:00 pm	20 Drylands or weight room till bell	21 Swim till 4:00 pm	22 Drylands or weight room till bell	23
24	25 Swim till 4:00 pm	26 Black & Gold Intrasquad Meet WU: 4:30 pm MS: 5:30 pm	27 Swim till bell	28 Swim till 4:00 pm	29 Drylands or weight room till bell	30

WU = warm up
MS = meet starts