

2017 Practice Schedule

W	D	Date	Time	Location	Event	
-3	-16	Sun	23-Jul	5:30 PM - 7:30 PM	North Aquatic Center	Contact Day 1
-3	-15	Mon	24-Jul	5:30 PM - 7:30 PM	North Aquatic Center	Contact Day 2
-3	-14	Tue	25-Jul	5:30 PM - 7:30 PM	North Aquatic Center	Contact Day 3
-3	-13	Wed	26-Jul	5:30 PM - 7:30 PM	North Aquatic Center	Contact Day 4
-3	-12	Thur	27-Jul	5:30 PM - 7:30 PM	North Aquatic Center	Contact Day 5
1	1	Tue	8-Aug	9:00 AM - 11:00 AM	North Aquatic Center	Diving Practice
1	1	Tue	8-Aug	5:00 PM - 7:30 PM	North Aquatic Center	Swim Practice
1	2	Wed	8-Aug	9:00 AM - 11:00 AM	North Aquatic Center	Diving Practice
1	2	Wed	9-Aug	3:45 PM - 4:45 PM	Weight Room	Core Conditioning
1	2	Wed	9-Aug	5:00 PM - 7:30 PM	North Aquatic Center	Swim Practice
1	3	Thur	9-Aug	9:00 AM - 11:00 AM	North Aquatic Center	Diving Practice
1	3	Thur	10-Aug	3:45 PM - 4:45 PM	Weight Room	Core Conditioning
1	3	Thur	10-Aug	5:00 PM - 7:30 PM	North Aquatic Center	Swim Practice
1	4	Fri	10-Aug	9:00 AM - 11:00 AM	North Aquatic Center	Diving Practice
1	4	Fri	11-Aug	3:45 PM - 4:45 PM	Weight Room	Core Conditioning
1	4	Fri	11-Aug	5:00 PM - 7:30 PM	North Aquatic Center	Swim Practice
1	5	Sat	12-Aug	7:30 AM - 5:00 PM	West Bend	Swim Clininc
2	6	Sun	13-Aug		Rest	
2	7	Mon	13-Aug	9:00 AM - 11:00 AM	North Aquatic Center	Diving Practice
2	7	Mon	14-Aug	3:45 PM - 4:45 PM	Weight Room	Core Conditioning
2	7	Mon	14-Aug	5:00 PM - 7:30 PM	North Aquatic Center	Swim Practice
2	8	Tue	15-Aug	9:00 AM - 11:00 AM	North Aquatic Center	Diving Practice
2	8	Tue	15-Aug	3:45 PM - 4:45 PM	Weight Room	Core Conditioning
2	8	Tue	15-Aug	5:00 PM - 7:30 PM	North Aquatic Center	Alumni Meet at 6PM
2	9	Wed	16-Aug	9:00 AM - 11:00 AM	North Aquatic Center	Diving Practice
2	9	Wed	16-Aug	3:45 PM - 4:45 PM	Weight Room	Core Conditioning
2	9	Wed	16-Aug	5:00 PM - 7:30 PM	North Aquatic Center	Swim Practice
2	10	Thur	17-Aug	9:00 AM - 11:00 AM	North Aquatic Center	Diving Practice
2	10	Thur	17-Aug	6:00 PM	North Aquatic Center	Dual Meet with DSHA - Warm Ups at 4:30 PM
2	10	Thur	17-Aug	8:00 PM	North Aquatic Center	Swim-A-Poolzoa Starts at the end of the meet
2	11	Fri	18-Aug	4:30 PM	North Aquatic Center	Swim-A-Poolzoa Ends
2	12	Sat	19-Aug	9:00 AM - 11:30 AM	North Aquatic Center	Swim Practice
3	13	Sun	20-Aug		Rest	
3	14	Mon	21-Aug	3:45 PM - 4:45 PM	Weight Room	Core Conditioning
3	14	Mon	21-Aug	5:00 PM - 7:30 PM	North Aquatic Center	Swim Practice
3	15	Tue	22-Aug	4:00 PM - 6:00 PM	North Aquatic Center	Swim Practice. Northstar Diving warm ups at 6PM
3	16	Wed	23-Aug	5:00 PM	North Aquatic Center	Northstar Invite - Warm Ups at 3:30
3	17	Thur	24-Aug	3:45 PM - 4:45 PM	Weight Room	Core Conditioning
3	17	Thur	24-Aug	5:00 PM - 7:30 PM	North Aquatic Center	Swim Practice
3	18	Fri	25-Aug	3:45 PM - 4:45 PM	Weight Room	Core Conditioning
3	18	Fri	25-Aug	5:00 PM - 7:30 PM	North Aquatic Center	Swim Practice
3	19	Sat	26-Aug	TBA	NB Eisenhower HS	IKE Invite - Varsity Only with a Bus
4	20	Sun	27-Aug		Rest	
4	21	Mon	28-Aug	3:45 PM - 4:45 PM	Weight Room	Core Conditioning
4	21	Mon	28-Aug	5:00 PM - 7:30 PM	North Aquatic Center	Swim Practice
4	22	Tue	29-Aug	3:45 PM - 4:45 PM	Weight Room	Core Conditioning
4	22	Tue	29-Aug	5:00 PM - 7:30 PM	North Aquatic Center	Swim Practice
4	23	Wed	30-Aug	3:45 PM - 4:45 PM	Weight Room	Core Conditioning
4	23	Wed	30-Aug	5:00 PM - 7:30 PM	North Aquatic Center	Swim Practice
4	24	Thur	31-Aug	3:45 PM - 4:45 PM	Weight Room	Core Conditioning
4	24	Thur	31-Aug	5:00 PM - 7:30 PM	North Aquatic Center	Swim Practice
4	25	Fri	1-Sep	3:45 PM - 4:45 PM	Weight Room	Core Conditioning
4	25	Fri	1-Sep	5:00 PM - 7:30 PM	North Aquatic Center	Swim Practice
4	26	Sat	2-Sep	9:00 AM - 11:30 AM	North Aquatic Center	Swim Practice
5	27	Sun	3-Sep		Rest	
5	28	Mon	4-Sep	TBA	North Aquatic Center	Swim Practice