

November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	October 14th deadline for apparel	Tuesday, Sept 24th 2:45 Preseason mtg for athletes in C202	6	7	8	9
10	11	12	13	14	15	16
17	18 Open Pool 2:45-4:00PM	19	20	21 Open Pool 2:45- 4:00PM	22	23
24	25 First day of tryouts 2:45PM-4:45PM	26 Tryouts 8:00- 10:00AM Dryland Required for all: 10:00-11:15AM	27 Tryouts 8:00- 10:30AM	28 <u>No</u> <u>Practice</u>	29 All Groups: 8:00-10:00AM Dryland for all 10-11:15AM	30 Regular Schedule

2024

December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 Regular Schedule Parent Meeting— Room C202 6:00PM Food orders due at meeting Picture day—wear team shirt and team pants that are provided	3 Regular Schedule	4 Regular Schedule	5 Regular Schedule	6 Regular Schedule	7 Regular Schedule Select JV Athletes at WV 10AM Start, 8:15am bus
8	9 Regular Schedule	10 Regular Schedule	11 Regular Schedule	12 Varsity AM Naperville Central Away 5:00 PM All Levels Attend Bus at 2:45	13 Regular Schedule	14 7:00-8:00 Varsity (Dryland) Varsity @ West Chicago Relays 10AM Bus at 8AM JV@ NN 10AM Bus 8:15am Diving TBD
15	16 Regular Schedule	17 Regular Schedule Morning is 5:45- 6:45	18 Regular Schedule	19 Regular Schedule Morning is 5:45- 6:45	20 Regular Schedule Metea Valley F/S Invite 5:00 Start-Bus 3:00 NV Dive Invite—5:30PM	21 Neuqua Invite 10AM No Practice-Do extra dryland at home over weekend
22	23 Holiday Schedule Varsity and JV Gold Double PM is 3:30-5:30PM	24 Holiday Schedule	25 No practice	26 Holiday Schedule Varsity Double 3:30- 5:00	27 Metea Valley Home 11AM Start All Levels Attend Varsity 7-9AM practice	28 Regular Schedule Varsity Double 3:30-5:00
29	30 Holiday Schedule Varsity and JV Gold Double PM is 3:30-5:30PM	31 Holiday Schedule				

2024

January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 No practice	2 Varsity at HF 10am start, 8am bus Holiday Schedule	3 Holiday Schedule	4 Regular Schedule
5	6 Regular Schedule	7 Regular Schedule	8 Regular Schedule	9 Varsity AM WV Home 5:00 start All Levels Attend	10 Regular Schedule	11 Varsity--8:00-10:00 JVJ and JVB Blue not in meet 8-10am HC Invite-F 7:00-Bus 9:00-Start ? Start time Evanston Invite-V 10:15 Bus 1:00 Start
12	13 Regular Schedule	14 Regular Schedule	15 Regular Schedule	16 Varsity AM Dekalb Away 5pm start 2:45 Bus All Levels Attend	17 Regular Schedule	18 Varsity dryland only 8-8:45AM JVJ and JVB not in meet 930-11 STCN JV Invite 10:00 Start 7:45 Bus Hins-Dive--8:30-Start New Trier-V 12:00 Start 9:15 Bus
19	20 Holiday Schedule Varsity and JV Gold Double PM is 3:30-5:30PM	21 Regular Schedule No morning	22 Regular Schedule	23 Varsity AM NN Home 5:00 start All Levels Attend Senior Night	24 Away Meet 5:00 STCN and Plain 2:45 Bus	25 Regular Schedule
26	27 Regular Schedule	28 Regular Schedule (Last morning for JV Gold or Varsity ending at conference)	29 Regular Schedule	30 Regular Schedule	31 Regular Schedule MV Dive 5:00	

2025

February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Tentative: End of Season Banquet, Tuesday, March 4th 5:30PM—Main Bld. Cafe						1 Regular Schedule Metea Valley Invite- Varsity 10:00-Start 8:00- Bus
2	3 Regular Schedule Conference taper ends at 4:45	4 Regular Schedule Conference taper ends at 4:15	5 Regular Schedule Conference taper ends 4:30	6 Regular Schedule Conference taper ends 4:00	7 Regular Schedule DVC Dive at NN 5PM	8 DVC V/JV ALL 10AM @Metea Valley Bus provided 7:45AM
9	10 State Team Only Regular Schedule	11 State Team Only Regular Schedule	12 State Team Only Regular Schedule	13 State Team Only Regular Schedule (Last morning for state taper)	14 State Team Only Regular Schedule	15 State Team TBD Location Practice
16	17 State Team Only 8:30-11:00AM Practice	18 State Team Only Regular Schedule	19 State Team Only Regular Schedule	20 State Team Only Regular Schedule	21 State Team Only End at 4:30PM	22 Good Luck at Sectionals! @ Neuqua Valley 9:00-Dive 1:00-Swim, 1045bus
23 8:30-10:00 State Team (TBD)	24 8:30-10:00 State Team—No School	25 2:45-4:15 State Team	26 3:15-4:30 State Team	27 2:45-4:00 State Team	28 Good Luck at State! At FMC 9:00-Dive 3:30-Swim	March 1 State Finals! Swim Fast! 11AM-Swim

2025

Regular Practice Schedule

Notes:

Varsity will do dryland on Tues (PM), Weds (PM before the swim), Saturday (before or after) and are encouraged to do one hour on Sunday on own.

JV Gold will do dryland on Weds (PM after the swim), Saturday (before or after) and are encouraged to do one hour on own (Sunday and/or another day)

JV Blue does not do dryland, but may join the JV Gold on Weds and Saturday. They are encouraged to do one hour on own (Sunday and/or another day)

	Monday	Tuesday	Weds	Thursday	Friday	Saturday
Varsity	2:45-5:15 PM	5:15-6:45AM 2:45-5:15 PM Dryland included	3:05-5:30PM Dryland included	5:15-6:45AM 2:45-5:00PM	2:45-5:00PM	8:30-11:30AM Dryland included
JV Gold	2:45-5:00	5:15-6:45AM 2:45-5:00	3:05-5:30 Dryland included	2:45-5:00	2:45-5:00	7:30-10:30AM Dryland included
JV Blue	2:45-4:45	2:45-4:30 Dryland option to 5:15	3:10-4:45 Dryland Option to 5:30	2:45-4:30	2:45-4:30	9:30-11:00AM Dryland option
Diving	3:30-5:30PM	3:30-5:30PM	3:30-5:30PM	3:30-5:30PM	3:30-5:30PM	TBD

Holiday Practice Schedule

Varsity: 8:30-10:45AM plus an afternoon practice when posted

JV Gold: 7:30-9:30AM plus an afternoon practice when posted

JV Blue: 9:30-11:00AM

Diving: TBD

Coaches Contact

Level	Coach	Email	Phone
Varsity	Chad Allen	chad_allen@ipsd.org	630-428-6862
Varsity Asst	Chris Ranallo	Christopher_ranallo@ipsd.org	
Varsity/JV Asst	Lew Kasten	Lewis_kasten@ipsd.org	
JV Gold	Mark Urso	mark_urso@ipsd.org	
JV Blue	Michelle Meeker	michelle_meeker@ipsd.org	630-428-6000 ext.4674
Diving	PJ Murphy	Pjm5464@comcast.net	

