

DRAFT – 2008-09 Wildcat Swim & Dive – DRAFT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 10	11	12	13	14	15
Tryouts (swim/dive) 4:15-5:30 PM	Tryouts (swim/dive) 4:15-5:30 PM	Tryouts (swim) 4:15-5:15 PM	Practice (swim/dive) 4:15-5:30 PM	Dryland (CVHS) 2:30-3:30 PM Apparel orders due	
17	18	19	20	21	22
Practice (swim/dive) 4:15-5:30 PM Parents' meeting 6:30 PM Trailer 18	Dryland 3:00-4:00 PM Practice (swim/dive) 4:15-5:30 PM	Practice (swim) 4:15-5:15 PM	Practice (swim/dive) 4:15-5:30 PM	Dryland @ CVHS 2:30-3:30 PM	
24	25	26	27	28	29
Practice (swim/dive) 4:15-5:30 PM	Dryland Cub Run, 3:00-4:00 PM Practice (swim/dive) Cub Run, 4:15-5:30 PM	Practice (swim) 4:15-5:15 PM EARLY DISMISSAL	Thanksgiving Day NO SCHOOL	 NO SCHOOL	Dryland @ CVHS #1 – 8:30-9:30 AM #2 – 9:30-10:30 AM
December 1	2	3	4	5	6
Practice (swim/dive) 4:15-5:30 PM	Dryland 3:00-4:00 PM Practice (swim/dive) 4:15-5:30 PM	Practice (swim) 4:15-5:15 PM	Practice (swim/dive) 4:15-5:30 PM	Team breakfast IHOP, 6:00 AM Meet #1 vs. Westfield Cub Run, 6:30 PM	Dryland @ CVHS #1 – 8:30-9:30 AM #2 – 9:30-10:30 AM
8	9	10	11	12	13
Practice (swim/dive) 4:15-5:30 PM	Dryland 3:00-4:00 PM Practice (swim/dive) 4:15-5:30 PM	Practice (swim) 4:15-5:15 PM	Practice (swim/dive) 4:15-5:30 PM Spaghetti dinner	Meet #2 vs. Stuart Oak Marr, 6:00 PM	Dryland @ CVHS #1 – 8:30-9:30 AM #2 – 9:30-10:30 AM
15	16	17	18	19	20
Practice (swim/dive) 4:15-5:30 PM	Dryland 3:00-4:00 PM Practice (swim/dive) 4:15-5:30 PM	Practice (swim) 4:15-5:15 PM	Practice (swim/dive) 4:15-5:30 PM Spaghetti dinner	Meet #3 vs. Chantilly Oak Marr, 6:00 PM Holiday party	Dryland @ CVHS #1 – 8:30-9:30 AM #2 – 9:30-10:30 AM
22	23	24	25	26	27
Practice (swim/dive) 4:15-5:30 PM	Dryland @ CVHS 2:30-3:30 PM Practice (swim/dive) 4:15-5:30 PM	Christmas Eve NO SCHOOL	Christmas Day NO SCHOOL	 NO SCHOOL	Dryland @ CVHS #1 – 8:30-9:30 AM #2 – 9:30-10:30 AM
29	30	31	January 1	2	3
Dryland @ CVHS 2:30-3:30 PM Practice (swim/dive) 4:15-5:30 PM NO SCHOOL	Dryland @ CVHS 2:30-3:30 PM Practice (swim/dive) 4:15-5:30 PM NO SCHOOL	New Years Eve NO SCHOOL	New Years Day NO SCHOOL	 NO SCHOOL	Dryland @ CVHS #1 – 8:30-9:30 AM #2 – 9:30-10:30 AM

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5	6	7	8	9	10
Practice (swim/dive) 4:15-5:30 PM	Dryland 3:00-4:00 PM Practice (swim/dive) 4:15-5:30 PM	Practice (swim) 4:15-5:15 PM	Practice (swim/dive) 4:15-5:30 PM Spaghetti dinner	Meet #4 vs. Fairfax Oak Marr, 6:00 PM	KHS Invitational
12	13	14	15	16	17
Practice (swim/dive) 4:15-5:30 PM	Dryland 3:00-4:00 PM Practice (swim/dive) 4:15-5:30 PM	Practice (swim) 4:15-5:15 PM	Practice (swim/dive) 4:15-5:30 PM Spaghetti dinner	Meet #5 vs. Herndon Herndon CC, 7:00 PM	Dryland @ CVHS #1 – 8:30-9:30 AM #2 – 9:30-10:30 AM
19	20	21	22	23	24
MLK B-day NO SCHOOL	Dryland 3:00-4:00 PM Practice (swim/dive) 4:15-5:30 PM NO SCHOOL	Practice (swim) 4:15-5:15 PM	Practice (swim/dive) 4:15-5:30 PM Spaghetti dinner	Meet #6 vs. Oakton Oak Marr, 8:30 PM	Dryland @ CVHS #1 – 8:30-9:30 AM #2 – 9:30-10:30 AM
26	27	28	29	30	31
Practice (swim/dive) 4:15-5:30 PM NO SCHOOL	Dryland 3:00-4:00 PM Practice (swim/dive) 4:15-5:30 PM NO SCHOOL	Practice (swim) 4:15-5:15 PM	Practice (swim/dive) 4:15-5:30 PM Spaghetti dinner	Meet #7 vs. Robinson Cub Run, 6:30 PM	Dryland @ CVHS #1 – 8:30-9:30 AM #2 – 9:30-10:30 AM
February 2	3	4	5	6	7
Practice (swim/dive) 4:15-5:30 PM	Practice (swim/dive) 4:15-5:30 PM	Practice (swim) 4:15-5:15 PM	Practice (swim) 4:15-5:15 PM Districts (diving) TBA	Districts (swim prelims) Cub Run, 5:30 PM	Districts (swim finals) Cub Run, 5:30 PM
9	10	11	12	13	14
Practice (swim/dive)	Practice (swim) Region diving (girls)	Practice (swim) Region diving (boys)	Region swim (g-prelims)	Region swim (b-prelims)	Region swim (b/g-finals)
16	17	18	19	20	21
Practice (swim/dive) NO SCHOOL	Dryland Practice (swim/dive)	Practice (swim)	Practice (swim/dive)	States (prelims)	States (finals)
23	24	25	26	27	28

