

UPDATED 10/14/23

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
	1ST DAY OF PRACTICE PARENT MEETING AT 6:15 ALL SWIM + DIVE 3:30-6:00 GET TO KNOW YOUR TEAM *NO SUITS NEEDED*	AM: 7:00am - 8:30am PM: 3:30pm - 6:30pm	SENIOR PICS @ 3:00 PRACTICE: 3:30pm - 6:15pm	AM: 7:00am - 8:30am PM: 3:30pm - 6:30pm	PRACTICE: 3:30pm - 6:15pm	BONFIRE 7-9 (BROOKLYN'S)
20	21	22	23	24	25	26
	BOOSTER MTG AT 6:30 PRACTICE: 3:30 - 6:15	PM IS RICK RASSIER AT HS SWIMMERS + DIVERS AM: 7:00am - 8:30am PM: 3:45pm-6:30pm (RR)	PRACTICE: 3:30pm - 6:15pm	AM: 7:00am - 8:30am PM: 3:30pm - 6:15pm	PRACTICE: 3:30pm - 6:15pm	
27	28	29	30	31		
	PRACTICE: 3:30 - 6:15	PRACTICE: 3:30 - 6:15	<i>(Dryland is 5:45-6:30)</i> PRACTICE: 3:30 - 6:30	MEET BEGINS 6:00 ROSEMOUNT ***HOME***		

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					MORNING PRACTICE PRACTICE: 7:00AM - 9:00AM	NO PRACTICE
3	4	5	6	7	8	9
	LABOR DAY			**SABER NATION DONATIONS** PARENT NIGHT MEET BEGINS 6:00 BURNSVILLE ***HOME***		PRIOR LAKE INVITE
	PRACTICE: 3:30 - 6:15	PRACTICE: 3:30 - 6:15	(Dryland is 5:45-6:30) PRACTICE: 3:30 - 6:30		(Weights in AM - 6:45-7:30) PRACTICE: 3:30 - 5:00	
10	11	12	13	14	15	16
	IMPACT TESTING @ 3:30 SWIM + DIVE					TEAM PICS
	(Weights in AM - 6:45-7:30) PRACTICE: 3:30 - 6:15	(Weights in AM - 6:45-7:30) PRACTICE: 3:30 - 6:15	(Sports Psychologist 5:30-6:30) PRACTICE: 3:30 - 6:30	MEET BEGINS 6:00 PRIOR LAKE ***AWAY***	(Weights in AM - 6:45-7:30) PRACTICE: 3:30 - 5:00	PRACTICE: 8:00 - 10:00
17	18	19	20	21	22	23
	COOKIE DOUGH PICK UP BOOSTER MTG AT 6:30			POOL DEDICATION DEDICATION @ 5:40PM		
	(Weights in AM - 6:45-7:30) PRACTICE: 3:30 - 6:15	(Weights in AM - 6:45-7:30) PRACTICE: 3:30 - 6:15	(Dryland is 5:45-6:30) PRACTICE: 3:30 - 6:30	MEET BEGINS 6:00 EASTVIEW ***HOME***	(Weights in AM - 6:45-7:30) PRACTICE: 3:30 - 5:00	PRACTICE: 8:00 - 10:00
24	25	26	27	28	29	30
BINGO @ O'BRIENS 3:00pm - 5:00pm					HOMECOMING	HOMECOMING
	(Weights in AM - 6:45-7:30) PRACTICE: 3:30 - 6:15	(Weights in AM - 6:45-7:30) PRACTICE: 3:30 - 6:15	(Dryland is 5:45-6:30) PRACTICE: 3:30 - 6:30	MEET BEGINS 6:00 FARMINGTON (AWAY)	(Weights in AM - 6:45-7:30) PRACTICE: 3:30 - 5:00	NO PRACTICE

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	(Weights in AM - 6:45-7:30) PRACTICE: 3:30 - 6:15	(Weights in AM - 6:45-7:30) PRACTICE: 3:30 - 6:15	(Dryland is 5:45-6:30) PRACTICE: 3:30 - 6:30	MEET BEGINS 6:00 EAGAN (AWAY)	DULUTH INVITE	DULUTH INVITE
8	9	10	11	12	13	14
		No weights SENIOR NIGHT MEET BEGINS 6:00 LAKEVILLE NORTH ***HOME***	JV HELL WEEK	JV HELL WEEK	JV HELL WEEK	Varsity Hell Week JV Hell Week
	(Weights in AM - 6:45-7:30) PRACTICE: 3:30 - 6:15		(Weights in AM - 6:45-7:30) (Sports Psychologist 5:30-6:30) PRACTICE: 3:30 - 6:30		***No weights*** PRACTICE: 3:30 - 6:15	V PRACTICE: 8:00 - 10:00 JV PRACTICE: 8:00 - 11:00
15	16	17	18	19	20	21
	Varsity Hell Week JV Hell Week BOOSTER MTG AT 6:30	(Weights in AM - 6:45-7:30) COACHES VS CANCER TEACHER APPRECIATION MEET BEGINS 6:00 LAKEVILLE SOUTH ***HOME***	Varsity Hell Week JV TAPER	MEA WEEKEND Varsity Hell Week JV TAPER FOOTBALL CONCESSIONS PANCAKE BREAKFAST	MEA WEEKEND Varsity Hell Week JV TAPER	MEA WEEKEND Varsity Hell Week JV TAPER
	(Weights in AM - 6:45-7:30) PRACTICE: 3:30 - 6:15		(Weights in AM - 6:45-7:30) PRACTICE: 3:30 - 6:15	JV PRACTICE: 8:30-10:30 AM V PRACTICE: 7:30-10:30 AM	JV PRACTICE: 8:30-10:30 AM V PRACTICE: 7:30-10:30 AM	JV PRACTICE: 8:00-9:30 AM V PRACTICE: 8:00-11:00 AM
22	23	24	25	26	27	28
	Varsity Hell Week JV TAPER		Varsity Taper JV TAPER	Varsity Taper JV TAPER	Varsity Taper JV TAPER	Varsity Taper JV CONFERENCE
	(Weights in AM - 6:45-7:30) PRACTICE: 3:30 - 6:15	(Weights in AM - 6:45-7:30) MEET BEGINS 6:00 APPLE VALLEY (AWAY)	(Dryland is 5:45-6:30) PRACTICE: 3:30 - 6:30	GLOW IN THE DARK JV CONFERENCE DINNER PRACTICE: 3:30 - 6:15	(Weights in AM - 6:45-7:30) PRACTICE: 3:30 - 6:15	PRACTICE: 8:00 - 10:00

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
	VARSITY TAPER	VARSITY TAPER	VARSITY TAPER	VARSITY TAPER	VARSITY TAPER	VARSITY TAPER
	(Weights in AM - 6:45-7:30) PRACTICE: 3:30 - 6:30	PRACTICE: 3:30 - 6:15	(Sports Psychologist 5:30-6:30) PRACTICE: 3:30 - 6:15	PRACTICE: 3:30 - 6:15	U OF M MEET @ 6PM (HALEY ZELEN IS SWIMMING) OPTIONAL FOR ALL TO ATTEND AM PRACTICE: 6:00-7:00AM	PRACTICE: 8:00 - 10:00
5	6	7	8	9	10	11
	VARSITY TAPER	VARSITY TAPER				
			SWIMMING SECTIONS PRELIMS	DIVING SECTIONS	SWIMMING SECTIONS FINALS	
	SECTION DINNER PRACTICE: 3:30 - 6:00	PRACTICE: 3:30 - 6:00		PRACTICE: 3:30 - 6:00		PRACTICE: 8:00 - 10:00
12	13	14	15	16	17	18
	BOOSTER MTG AT 6:30					
	PRACTICE: 3:30 - 6:00	PRACTICE: 3:30 - 6:00	STATE DINNER PRACTICE: 3:30 - 6:00	STATE MEET WARM UPS	STATE MEET PRELIMS	STATE MEET FINALS
19	20	21	22	23	24	25
26	27	28	29			