

Cedarburg Girls Swim and Dive

August 2023

Important Dates: **8/8** (First day of practice); **8/16** (Final day of tryouts); **8/17** (parent meeting at 6pm in FH lobby);
8/31 (First meet); **9/1** (First day of school) ; **9/2** (First Invitational)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8 Varsity and JV 7am-7:30am intro 7:45-9:30am swim	9 Varsity and JV 7am-9:00am swim 9:15-9:45am DL	10 Varsity and JV 7am-9:00am swim 9:15-9:45am DL	11 Varsity and JV 7am-9:00am swim 9:15-9:45am DL	12 Varsity and select JV 7am-9am swim
14 Varsity and JV 7am-9:30am swim 9:30-9:55am DL	15 Varsity and JV 7am-9:30am swim 9:30-9:55am DL	16 Varsity and JV 7am-9:30am swim Last day to tryout	17 Varsity and JV 7am-9:30am swim 9:30-9:55am DL Parent meeting 6pm - pool deck	18 Varsity and JV 7am-9:30am swim 9:30-9:55am DL	19 Varsity and select JV 7am-9am swim
21 Varsity and JV 7am-9:30am swim 9:30-9:55am DL	22 Varsity and JV 7am-9:30am swim 9:30-9:55am DL	23 Varsity and JV 3:30-5:30pm swim Teacher PD	24 Varsity and JV 3:30-5:30pm swim 5:30-5:55pm DL Teacher PD	25 Varsity and JV 3:30-5:30pm swim 5:30-5:55pm DL Teacher PD	26 Varsity and select JV 7am-9am swim
28 Varsity and JV 3:30-5:30pm swim 5:30-5:55pm DL Teacher PD	29 Varsity and JV 3:30-5:30pm swim 5:30-5:55pm DL Teacher PD	30 Varsity and JV 3:00-5:00pm swim 5:15-5:45 DL Teacher PD	31 I Away Dual vs. Grafton Bus leaves at 4:30p Warm up at 5pm Meet starts 6pm	SEPTEMBER 1 First day of school Practice V: 5:30a-7:15a JV: 2:50p - 4:30p	2 Shorewood Invitational Bus leaves at 7:15am Select Varsity

Practice Schedule after school starts:

Monday: Varsity – Swim 3-5pm; Dryland 5:15-5:45pm
JV – Swim 3-5pm; Dryland 5:15-5:45pm

***Tuesday:** Varsity – Swim 3-5pm; Dryland 5:15-5:45pm
JV - Swim 3-5pm

Wednesday: Varsity – Swim 3-5pm; Dryland 5:15-5:45pm
JV – Swim 3-5pm; Dryland 5:15-5:45pm

***Thursday:** Varsity – Swim 3-5pm; Dryland 5:15-5:45pm
JV – Swim 3-5pm

****Friday:** Varsity – Swim 5:30am-7:15am (Fresh. and Soph. get out at 6:50am)
JV – Swim 2:50pm-4:30pm

Saturday: Varsity and select JV - Swim 7-9am

* If we have a Tuesday or Thursday dual, then we won't have practice or dryland that day.

Home meets: All athletes should report to the pool by 4:30pm.

Away meets: Bus will leave between 4:30 - 4:45 pm, depending on destination.

When competing at schools farther away, we will do initial warm up at CHS at 4pm, then leave at 4:45pm