


SEPTEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PRACTICE END TIMES: All swimmers need to be picked up at the end of practice within 5 minutes of practice end times.</p>				1	2	3
4	5	6	7	8	9	10
<p>DRYLAND PRACTICE 5:15-5:30 p.m. each day: Wear athletic clothes & tennis shoes to practice every day. We will do dryland every day before getting into the pool.</p>		<p>FIRST DAY OF SCHOOL</p>	<p>REGISTRATION & TRY OUTS FOR NEW SWIMMERS ONLY @ HIGHSCHOOL POOL 6:00-7:00 p.m.</p>	<p>NO PRACTICE High School Girls Swim Meet</p>		
11	12	13	14	15	16	17
<p>REQUIRED EQUIPMENT:</p> <ul style="list-style-type: none"> • Cap • Goggles • Water Bottle • One Piece Swimsuit • Equipment (optional) 	<p>FIRST DAY OF PRACTICE</p> <p>10 & under 5:15 -6:50 p.m.</p> <p>11 & older 5:15 -7:00 p.m.</p>	<p>10 & under 5:15 -6:50 p.m.</p> <p>11 & older 5:15 -7:00 p.m.</p>	<p>-----> SEPT. 15: LAST NIGHT TO ORDER SWIMSUITS & APPAREL! You must order from the online team store. We WILL NOT accept any forms at the pool.</p>	<p>10 & under 5:15 -6:50 p.m.</p> <p>11 & older 5:15 -7:00 p.m.</p> <p>*Membership Meeting</p>	<p>←----- Mandatory Parents Meeting. 5:45 p.m. GYM LOBBY. Bring your calendars with; sign-ups will be available.</p>	
18	19	20	21	22	23	24
<p>SUGGESTED EQUIPMENT: Your own kickboard, pull buoy, hand paddles and flippers. You will want to bring these in a mesh bag and keep them to yourself if you choose to.</p>	<p>10 & under 5:15 -6:50 p.m.</p> <p>11 & older 5:15 -7:00 p.m.</p>	<p>10 & under 5:15 -6:50 p.m.</p> <p>11 & older 5:15 -7:00 p.m.</p>		<p>10 & under 5:15 -6:50 p.m.</p> <p>11 & older 5:15 -7:00 p.m.</p>		<p>Fitter/Faster Freestyle and Back Stroke Technique Camp Use QR below to Register</p>
25	26	27	28	29	30	
<p>Fitter/Faster Freestyle and Back Stroke Technique Camp</p>	<p>10 & under 5:15 -6:50 p.m.</p> <p>11 & older 5:15 -7:00 p.m.</p>	<p>NO PRACTICE High School Girls Swim Meet</p>		<p>10 & under 5:15 -6:50 p.m.</p> <p>11 & older 5:15 -7:00 p.m.</p>		

EVENTS

Weather Policy - NO REFUNDS!

If it is thundering or lightening outside, we cannot swim in the pool. If for some reason a swimmer gets sick in the pool, we cannot swim in the pool.

Mandatory Parents Meeting Thursday Sept. 15 at 5:45 p.m.

Bring your calendars; all meet sign ups & fundraisers will be available that night for you to sign up your swimmer/parents.

9 Hole Golf Outing at Evergreen County Club on Sunday, October 9th.

Golf & Cart, Drink Tickets, Lunch and Raffle Prizes. Packer Game Shown. Cash Bar. \$65 per adult (\$55 early bird).

OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Elkhorn Homecoming Weekend
2	3 NO SCHOOL NO PRACTICE	4 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	5	6 INTERSQUAD PENTATHLON On Deck: 5:15 p.m. Warmups: 5:30 p.m. Meet Start: 5:50 p.m.	7 Elkhorn Homecoming Weekend	8 Elkhorn Homecoming Weekend
9 9 Hole Golf Outing Fundraiser @ Evergreen Country Club Shot Gun Start: 9:30 a.m. Buffet Lunch + Raffles to follow golf 12:00pm	10 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	11 YOUTH NIGHT @ Elkhorn HS GIRLS SWIM MEET Be there at 5:15 p.m. You will be announced during the meet.	12 ←----- REQUIRED FOR ALL SWIMMERS! Wear your Penguins Apparel. You will be able to go home right after inter-mission. Around 6:00 p.m.	13 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	14 Home Meet vs Burlington On Deck: 5:15 p.m. Warmups: 5:30 p.m. Meet Start: 5:50 p.m.	15
16	17 NO PRACTICE High School Conferences	18 NO PRACTICE High School Girls Swim Meet	19	20 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	21	22
23	24 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	25 NO PRACTICE High School Girls Swim Meet	26	27 NO SCHOOL	28 NO SCHOOL	29
30	31 Happy Halloween & Happy Trick or Treating! Be safe!					

NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	2	3 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	4 Home Meet vs Delavan On Deck: 5:15 p.m. Warmups: 5:30 p.m. Meet Start: 5:50 p.m.	5 Piggly Wiggly Brat Hut 10:00-2:00 p.m.
6	7 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	8 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	9	10 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	11	12
13	14 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	15 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	16	17 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	18	19
20	21 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	22 YOUTH NIGHT @ Elkhorn HS BOYS SWIM MEET Be there at 5:15 p.m. You will be announced during the meet.	23 ←----- REQUIRED FOR ALL SWIMMERS! Wear your Penguins Apparel. You will be able to go home right after inter-mission. Around 6:00 p.m.	24 HAPPY THANKSGIVING! NO SCHOOL NO PRACTICE	25 NO SCHOOL NO PRACTICE	26
27	28 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	29 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	30			

EVENTS

Dryland Practice before Pool Time
Wear athletic clothes & tennis shoes to practice every day. We will warm up in hallway before entering the pool.

Weather Policy – NO REDUNDS!
If it is thundering/lightening outside or someone gets sick in the pool, we cannot swim. If the school district cancels school or after school activities due to snow, no swim.

Meet Sign Ups & Volunteer Sign Ups
Make sure you are checking the head table every practice to see if your child is signed up for the correct swim meets

DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 NO PRACTICE High School Boys Swim Meet	2	3 Christmas Parade Starts at 1:30 p.m. See notes below. Meet at armory at 1:00 p.m. Bring a bag of candy. Dress according to weather.
4	5 NO SCHOOL NO PRACTICE	6 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	7	8 NO PRACTICE High School Boys Swim Meet	9	10
11	12 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	13 10 & under 5:15 -6:50 p.m. 11 & older 5:15 -7:00 p.m.	14	15 SWIMMER FUN NIGHT 5:30-6:30 p.m.	16	17
18	19	20	21 CHRISTMAS BREAK	22 CHRISTMAS BREAK	23 CHRISTMAS BREAK	24
25	26 CHRISTMAS BREAK	27 CHRISTMAS BREAK	28 CHRISTMAS BREAK	29 CHRISTMAS BREAK	30 CHRISTMAS BREAK	31

EVENTS

Weather Policy - NO REDUNDS!
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Christmas Parade, Dec. 3rd at 1:30 p.m.
Meet outside the armory at 1:00 p.m. Bring a bag of candy. Wear Penguins apparel. Dress warm. All Swimmers & parents welcome to participate in parade.

Winter Session to start January 4, 2023
Registration, tryouts and first night of practice will all be on January 4.