

**MADISON MEMORIAL
Preseason Schedule**



AUGUST 2005

**August 8-
Registration/Forms Drop-off
@ JMM Cafeteria @ 6:00-7:00 PM**

Please bring all of the following:

1. Cautionary Statement
2. Transportation Consent Form
3. Completed WIAA card(s)

**August 9-
Meet @ JMM Pool @ 7:00 AM**

Please bring all of the following:

Swimmers- Suit, goggles, cap, water bottle, & towel
Divers- Suit & towel

****Starting August 10 -**

Swimmers- In addition to the above list, please bring **running shoes** and **shorts**. We will be running and doing dryland work.

August 19 - Biathlon @ JMM

**August 20 -
Alumni Meet @ HOME**

Meet Starts at 5:30 PM
Parade of Alumni at 5:20 PM

August 24 - "Blitz Day" & Practice

Practice- 11:45 AM-3:00 PM @ JMM
At 3:30 PM, we will meet in the Gym for "Blitz Day."

****Bring your Pre-Sale Sheets.****

August 26 - Janesville Parker @ HOME

Meet Starts at 5:00 PM

August 27 - @ Eau Claire Relay Meet

Meet Starts at 12:30 PM

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|--|---|---|---|--|--|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| For more information, visit: WWW.SPARTANSWIMMINGDIVING.COM | | | | | | |
| 7 | 8 Sign-up/Forms Drop-off @ JMM Cafeteria @ 6-7 PM | 9 PRACTICE STARTS 7-7:30 am- Meeting 7:45-10:00 AM- Swim @ JMM 8:00-10:00 AM- Dive @ PC | 10 6:30-9:45 AM- Swim @ JMM 8:00-10:00 AM- Dive @ PC | 11 6:30-9:45 AM- Swim @ JMM 8:00-10:00 AM- Dive @ PC | 12 6:30-9:45 AM- Swim @ JMM 8:00-10:00 AM- Dive @ PC | 13 6:30-9:45 AM- Swim @ JMM 8:00-10:00 AM- Dive @ PC |
| Week 1 | | | | | | |
| 14 | 15 6:30-9:45 AM- Swim @ PC 8:00-10:00 AM- Dive @ PC | 16 6:30-9:45 AM- Swim @ PC 8:00-10:00 AM- Dive @ PC | 17 6:30-9:45 AM- Swim @ JMM 8:00-10:00 AM- Dive @ PC | 18 6:30-9:45 AM- Swim @ JMM 8:00-10:00 AM- Dive @ PC | 19 Swimmer Biathlon 6:30-9:45 AM- Swim @ JMM 8:00-10:00 AM- Dive @ PC | 20 Alumni Meet @ 5:30 PM 7:30-9:45 AM- Swim @ JMM 8:00-10:00 AM- Dive @ PC |
| Week 2 | | | | | | |
| 21 | 22 6:30-9:45 AM- Swim @ PC 8:00-10:00 AM- Dive @ PC | 23 6:30-9:45 AM- Swim @ PC 8:00-10:00 AM- Dive @ PC | 24 "Blitz Day" 11:45-3:00 PM- Swim @ JMM 8:00-10:00 AM- Dive @ PC | 25 6:30-9:45 AM- Swim @ JMM 8:00-10:00 AM- Dive @ PC | 26 Parker @ 5 PM 7:30-9:45 AM- Swim @ JMM 8:00-10:00 AM- Dive @ PC | 27 @ Eau Claire Relay Meet (@ UWEC- McPhee Pool) @ 12:30 PM |
| Week 3 | | | | | | |
| 28 | 29 6:30-9:45 AM- Swim @ JMM 8:00-10:00 AM- Dive @ PC | 30 6:30-9:45 AM- Swim @ JMM 8:00-10:00 AM- Dive @ PC | 31 6:30-9:45 AM- Swim @ JMM 8:00-10:00 AM- Dive @ PC | Sept. 1 School Starts | <div style="border: 1px solid black; padding: 5px;"> PC= Parkcrest Pool JMM= Memorial H.S. Pool Swim= Swimmers Dive= Divers Bold= Please make note time/place/event </div> | |
| Week 4 | | | | | | |

JMM SWIMMING SCHEDULE

School Starts @ 8:20 AM
School Ends @ 3:35 PM

SCHOOL PRACTICE TIMES

AM Practice @ 6:15-7:30

PM Practice @ 3:45 - On Deck

3:45-4:00 - Stretching

4:00 - In Water

6:00 - Practice Over

AM SCHEDULE

Monday -

Everyone Swims

Tuesday -

Conditioning Program

Wednesday -

See Below*

Thursday -

Conditioning Program

Friday -

OFF

PM SCHEDULE

Every afternoon except Wednesdays*



For more information, visit: WWW.SPARTANSWIMMINGDIVING.COM

SEPTEMBER 2005

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|---|---|--|--|---|
| Aug. 28 Week 4 | 29 | 30 | 31 | Sept. 1 SCHOOL STARTS No AM Practice | 2 Fall Pep Aud @ Gym @ 2:45 Regular PM Practice | 3 AM Practice- 6:45-9:00 |
| 4 Week 5 | 5 Labor Day No School NO PRACTICE | 6 | 7 Code Meeting @ JMM @ 7:00 PM (Rm. 200 after) A=AM B= PM | 8 | 9 Sun Prairie @ JMM @ 5PM | 10 Shorewood Invite @ Shorewood H.S. Bus- 6:30 AM Start- 9:30 AM |
| 11 2005 Ironman Week 6 | 12 | 13 | 14 Fall Sports Kickoff Potluck @ 6PM @ JMM Cafeteria A=PM B= AM | 15 | 16 @ Beloit Bus- 2:30 PM Start- 5:00 PM | 17 Trojan Invite @ Carthage College Bus- 9:30 AM Start- 1:20 PM |
| 18 Week 7 | 19 | 20 | 21 A=AM B= PM | 22 | 23 LaFollette @ JMM @ 5PM | 24 Middleton Invite @ Middleton H.S. Start- 11:00 AM |
| 25 Week 8 | 26 | 27 No School REGULAR PRACTICE SCHEDULE | 28 A=PM B= AM | 29 | 30 @ West Bus- 3:15 PM Start- 5:00 PM | Oct. 1 AM Practice- 6:45-9:00 |

*Group A Wednesdays

AM Practice ONLY on:

September 7 & 21

PM Practice ONLY on:

September 14 & 28

*Group B Wednesdays

AM Practice ONLY on:

September 14 & 28

PM Practice ONLY on:

September 7 & 21

JMM SWIMMING SCHEDULE

School Starts @ 8:20 AM
 School Ends @ 3:35 PM

SCHOOL PRACTICE TIMES

AM Practice @ 6:15 - 7:30
PM Practice @ 3:45 - On Deck
 3:45 - 4:00 - Stretching
 4:00 - In Water
 6:00 - Practice Over

AM SCHEDULE

MONDAY
 Swimming

TUESDAY
 Conditioning Program / Swimming

WEDNESDAY
 Schedule will be posted

THURSDAY
 Conditioning Program / Swimming

FRIDAY
 OFF

PM SCHEDULE

Every afternoon except Wednesday practice groups will be posted

END OF AM PRACTICE

JV TAPER MORNINGS STOP
 October 6

CONFERENCE TAPER MORNINGS STOP
 October 13

STATE TAPER MORNINGS STOP
 October 27



OCTOBER 2005

| SUN | MON | TUE | WED | THU | FRI | SAT | |
|---|--------------------------------------|---|---|--|---|---|--------------------------------------|
| For more information, visit: WWW.SPARTANSWIMMINGDIVING.COM | | | | | | Sept. 30 @ West Bus - 3:15 PM Start - 5:00 PM | 1 AM Practice 6:45-9:00 |
| Week 8 | | | | | | | |
| 2 | 3 | 4 | 5 JV Taper AM ONLY State & Conference Taper PM ONLY | 6 JV Taper Mornings Stop | 7 @ Middleton @ 5:00 PM | 8 AM Practice 6:45-9:00 | |
| Week 9 | | | | | | | |
| 9 Fun Fall Festivities Day | 10 | 11 Lancer JV Invite @ LaFollette Start - 5 PM | 12 Conference Taper AM ONLY State & JV Taper PM ONLY | 13 Conference Taper Mornings Stop | 14 @ Madison East Bus - 3:10 PM Start - 5:00 PM | 15 Homestead Invite Bus - 7:00 AM Start - 10:30 AM | |
| Week 10 | | | | | | | |
| 16 | 17 | 18 | 19 Janesville Craig @ JMM @ 5 PM *Parents Night No AM Practice | 20 | 21 No AM Practice Regular PM Practice | 22 Spartan JV Invite @ JMM Start - 1:00 PM AM Practice - TBA | |
| Week 11 | | | | | | | |
| 23/30 | 24/31 OCT. 31 HALLOWEEN | 25 | 26 State Taper AM ONLY Conference Taper PM ONLY | 27 NO SCHOOL State Taper Mornings Stop | 28 NO SCHOOL | 29 Big 8 Conference Meet @ Middleton Start - 1:00 PM | |
| Week 12/13 | | | | | | | |

TIMELINES

BIG EIGHT CONFERENCE MEET

TIMELINE:

On Deck @ JMM @ 7:45 AM
 Breakfast @ Svetnicka's @ 9:15 AM
 At Meet @ 11:45 AM
 Meet Starts @ 1:00 PM

WIAA SECTIONAL MEET

TIMELINE:

Everyone-
 On Deck @ JMM @ 8:00 AM
 Breakfast @ Lund's @ 9:15 AM
 At Meet @ 11:45 AM
 Meet Starts @ 1:00 PM

WIAA STATE MEET

TIMELINE:

Everyone-
 On Deck @ JMM @ 8:30 AM
 Breakfast @ Kammel's @ 10:30 AM
 At Meet @ 1:30 PM
 Meet Starts @ 3:00 PM



NOVEMBER 2005

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-------------------------------|-------------------------------|---------------|-----------|--|--|--|
| Oct. 23 Week 12 | 24 | 25 | 26 | 27 NO SCHOOL Regular PM Practice 3:45 ON DECK | 28 NO SCHOOL Regular PM Practice 3:45 ON DECK Dinner @ Macaroni Grille @ 6:15 PM | 29 Conference Meet @ Middleton H.S. Starts @ 1:00 PM |
| 30 Week 13 | 31 | Nov. 1 | 2 | 3 | 4 | 5 Sectional Meet @ Middleton H.S. Starts @ 1:00 PM |
| 6 Week 14 | 7 Early Release | 8 | 9 | 10 | 11 | 12 WIAA State Meet @ UW-Natorium Starts @ 3:00 PM |



Coaches Copy-October/November 2005

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---------------------|---|--|---|--|---|
| JV Invite Taper Week 9 | Oct. 3 | 4 | 5 | 6 JV Invite Mornings Stop | 7 @ Middleton @ 5:00 PM | 8 Practice 6:45-9:00 AM |
| 9 Fun Fall Festivities Day Conference Taper Week 10 | 10 | 11 Lancer JV Invite @ Lafollette @ 5 PM | 12 | 13 Conf. Mornings Stop | 14 @ Madison East @ 5:00 PM | 15 Homestead Invite Bus - 7:00 AM Start - 10:30 AM |
| 16 Week 11 | 17 | 18 | 19 Janesville Craig @ HOME @ 5:00 PM | 20 | 21 | 22 Spartan JV Invite @ Memorial Start @ 1 PM |
| 23 State Taper Week 12 | 24 | 25 | 26 | 27 NO SCHOOL State Mornings Stop | 28 NO SCHOOL | 29 Conference Meet @ Middleton Start - 1 PM |
| 30 Week 13 | 31 HALLOWEEN | Nov. 1 | 2 | 3 | 4 | 5 WIAA Sectional @ Middleton Swim - 1 PM |
| 6 Week 14 | 7 | 8 | 9 | 10 | 11 | 12 WIAA State @ UW-Nat Swim - 3 PM |