

# MADISON MEMORIAL Preseason Swim Schedule



# AUGUST 2006

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

**August 8-  
Meeting @ JMM Pool @ 7:00 AM**

**Please bring all of the following:**  
Suit, goggles, cap, water bottle, & towel

**\*\*Starting August 9-**  
In addition to the above list, please bring **running shoes** and **shorts**. We will be running and doing dryland work.

**August 18 - Biathlon @ JMM**

**August 19 - Alumni Meet @ HOME**  
Meet Starts @ 5:30 PM  
Parade of Alumni @ 5:20 PM

**August 23 - "Blitz Day" & Practice**  
Practice - 11:45 AM - 3:00 PM @ JMM  
At 3:30 PM, we will meet in the Gym.  
**\*\*Bring your Pre-Sale Sheets.\*\***

**August 25 - @ Janesville Parker**  
Bus Leaves @ 3:00 PM  
Meet Starts @ 5:00 PM

**August 26 - @ EC Relay Meet**  
Bus Leaves @ 9:15 AM  
Meet Starts @ 12:30 PM

**August 31 - @ Waukesha South**  
Bus Leaves @ 2:00 PM  
Meet Starts @ 5:00 PM

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
For more information, visit: <a href="http://WWW.SPARTANSWIMMINGDIVING.COM">WWW.SPARTANSWIMMINGDIVING.COM</a>						
<b>6</b>  Week 1	<b>7</b> <b>Registration/ Forms Drop-off @ JMM Cafeteria @ 6-7 PM</b>	<b>8</b> <b>PRACTICE STARTS</b> 7-7:30 AM - Meeting 7:45-9:45 @ JMM	<b>9</b> 6:30-9:45 @ JMM	<b>10</b> 6:30-9:45 @ JMM	<b>11</b> 6:30-9:45 @ JMM	<b>12</b> 6:30-9:45 @ JMM
<b>13</b>  Week 2	<b>14</b> 6:30-9:45 @ JMM  Freestyle Work Videotape	<b>15</b> 6:30-9:45 @ JMM  Backstroke Work Videotape	<b>16</b> 6:30-9:45 @ JMM Team Meeting	<b>17</b> 6:30-9:45 @ JMM Breaststroke Work	<b>18</b> <b>JMM Biathlon</b> 7:00 or 7:30 Arrival @ JMM - Until ~9:45 AM	<b>19</b> <b>7:30-9:45 @ JMM</b> Start/Turn Work  <b>Alumni Meet STARTS @ 5:30 PM</b>
<b>20</b>  Week 3	<b>21</b> 6:30-9:45 @ PC Fly Work	<b>22</b> 6:30-9:45 @ PC I.M. Work	<b>23</b> <b>"Blitz Day"</b>  <b>11:45-3:00 PM- @ JMM</b>	<b>24</b> 6:30-9:45 @ JMM Distance Free Work	<b>25</b> <b>7:30-9:45 @ JMM</b>  at Janesville Parker LEAVE @ 3:00 PM STARTS @ 5 PM	<b>26</b> <b>@ EC Relay Meet (@ UW-Eau Claire) LEAVE @ 9:15 AM STARTS @ 12:30 PM</b>
<b>27</b>  Week 4	<b>28</b> 6:30-9:45 @ PC	<b>29</b> 6:30-9:45 @ PC	<b>30</b> 6:30-9:45 @ JMM	<b>31</b> <b>7:30-9:45 @ JMM</b>  at Waukesha South LEAVE @ 2:00 PM STARTS @ 5 PM	PC= Parkcrest Pool JMM= Memorial H.S. Pool <b>Bold=</b> Please make note time/place/event *All practices AM unless specified	

## JMM SWIMMING SCHEDULE

School Starts @ 8:19 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\*



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# SEPTEMBER 2006

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Aug. 27</b>  Week 4	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Sept. 1</b> 7:30-9:45 @ JMM	<b>2</b> AM Practice @ JMM - 6:45-9:00
<b>3</b>  Week 5	<b>4</b> Labor Day <b>NO SCHOOL</b> <b>NO PRACTICE</b>	<b>5</b> <b>SCHOOL STARTS</b> No AM Practice	<b>6</b> <b>EVERYONE AM</b>	<b>7</b>	<b>8</b> <b>Sun Prairie STARTS @ 5 PM</b>	<b>9</b> AM Practice @ JMM - 6:45-9:00
<b>10</b> <b>2006 Ironman</b>  Week 6	<b>11</b> <b>FRESHMAN</b> Code Meeting-7 PM (Rm. 200 after) <b>JUNIORS @ 7 PM</b>	<b>12</b>	<b>13</b> Fall Sports Kickoff Potluck @ 6PM @ JMM Cafeteria <b>A=AM   B= PM</b>	<b>14</b>	<b>15</b> <b>Beloit Memorial STARTS @ 5 PM</b> Fall Pep Aud @ Gym @ 2:45	<b>16</b> Trojan Invite @ Carthage College LEAVE @ 9:15 AM STARTS @ 1:20 PM
<b>17</b>  Week 7	<b>18</b>	<b>19</b>	<b>20</b>  A=PM   B= AM	<b>21</b> @ LaFollette LEAVE @ 3:15 STARTS @ 5PM	<b>22</b> <b>REGULAR PM PRACTICE</b>	<b>23</b> AM Practice @ JMM - 6:45-9:00
<b>24</b>  Week 8	<b>25</b>	<b>26</b> <b>No School</b> <b>REGULAR PRACTICE SCHEDULE</b>	<b>27</b>  A=AM   B= PM	<b>28</b>	<b>29</b> <b>Madison West STARTS @ 5 PM</b>	<b>30</b> AM Practice @ JMM - 6:45-9:00

#### \*Group A Wednesdays

##### AM Practice ONLY on:

September 13 & 27

##### PM Practice ONLY on:

September 20 & October 4

#### \*Group B Wednesdays

##### AM Practice ONLY on:

September 20 & October 4

##### PM Practice ONLY on:

September 13 & 27

## JMM SWIMMING SCHEDULE

School Starts @ 8:19 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

#### WEDNESDAY

Schedule will be posted

#### THURSDAY

Conditioning Program

#### FRIDAY

OFF

### PM SCHEDULE

Every afternoon except Wednesday  
practice groups will be posted



# OCTOBER 2006

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> Fun Fall Festivities Day  Week 9	<b>2</b>	<b>3</b>	<b>4</b>  A=PM   B= AM	<b>5</b>  JV Taper Mornings Stop	<b>6</b>  Middleton STARTS @ 5 PM	<b>7</b>  Lancer JV Invite @ LaFollette H.S. STARTS @ 1 PM
<b>8</b>  Week 10	<b>9</b>	<b>10</b> Verona STARTS @ 5 PM	<b>11</b> Conference Taper AM ONLY State & JV Taper PM ONLY	<b>12</b>  Conference Taper Mornings Stop	<b>13</b> Madison East STARTS @ 5 PM *Parents Night	<b>14</b> Homestead Invite LEAVE @ 7:00 AM STARTS @ 10:30 AM
<b>15</b>  Week 11	<b>16</b>	<b>17</b>	<b>18</b> @ Craig LEAVES @ 3 PM STARTS @ 5 PM  No AM Practice	<b>19</b>	<b>20</b> No AM Practice Regular PM Practice	<b>21</b> Spartan JV Invite @ JMM STARTS @ 1 PM  AM Practice - TBA
<b>22</b>  Week 12	<b>23</b>	<b>24</b>	<b>25</b> State Taper AM ONLY Conference Taper PM ONLY	<b>26</b> NO SCHOOL  State Taper Mornings Stop	<b>27</b> NO SCHOOL	<b>28</b> Big 8 Conference @ Middleton STARTS @ 1 PM
<b>29</b>  Week 13	<b>30</b>	<b>31</b> HALLOWEEN	For more information, visit: <a href="http://WWW.SPARTANSWIMMINGDIVING.COM">WWW.SPARTANSWIMMINGDIVING.COM</a>			

### END OF AM PRACTICE

#### JV TAPER

#### MORNINGS STOP

October 5

#### CONFERENCE TAPER

#### MORNINGS STOP

October 12

#### STATE TAPER

#### MORNINGS STOP

October 26

# TIMELINES

## BIG EIGHT CONFERENCE MEET

### TIMELINE:

On Deck @ JMM @ 8:15 AM  
 Breakfast @ Svetnicka's @ 9:30 AM  
 At Meet @ 11:45 AM  
 Meet Starts @ 1:00 PM

## WIAA SECTIONAL MEET

### TIMELINE:

Everyone-  
 On Deck @ JMM @ 8:15 AM  
 Breakfast @ Lund's @ 9:30 AM  
 At Meet @ 11:45 AM  
 Meet Starts @ 1:00 PM

## WIAA STATE MEET

### TIMELINE:

Everyone-  
 On Deck @ JMM @ 9:00 AM  
 Breakfast @ Kammel's @ 10:45 AM  
 At Meet @ 1:30 PM  
 Meet Starts @ 3:00 PM



# NOVEMBER 2006

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Oct. 22</b>  Week 12	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> NO SCHOOL Regular PM Practice 3:45 ON DECK	<b>27</b> NO SCHOOL Regular PM Practice 3:45 ON DECK  Dinner w/ Conference Group @ 6:15 PM	<b>28</b> Conference Meet @ Middleton H.S. STARTS @ 1 PM
<b>29</b>  Week 13	<b>30</b>	<b>31</b> HALLOWEEN	<b>Nov. 1</b>	<b>2</b>	<b>3</b>	<b>4</b> Sectional Meet @ Middleton H.S. STARTS @ 1 PM
<b>5</b>  Week 14	<b>6</b>  Dinner @ Biago's @ 6:00 PM  Early Release	<b>7</b>  Dinner @ Boy's Captains @ 6:15 PM	<b>8</b>	<b>9</b>	<b>10</b>  State Dinner @ Someone's House @ 6:00 PM	<b>11</b> WIAA State Meet @ UW-Natorium STARTS @ 3 PM



# Coaches Copy-October/November 2006

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Oct. 1</b> <b>JV Invite Taper</b> Week 9	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> <b>JV Invite Mornings Stop</b>	<b>6</b> <b>Middleton STARTS @ 5 PM</b>	<b>7</b> Lancer JV Invite @ LaFollette H.S. @ 1 PM
<b>8</b> Fun Fall Festivities Day <b>Conference Taper</b> Week 10	<b>9</b>	<b>10</b> <b>Verona @ 5:00 PM</b>	<b>11</b>	<b>12</b> <b>Conf. Mornings Stop</b>	<b>13</b> <b>Madison East STARTS @ 5 PM</b>	<b>14</b> Homestead Invite LEAVE @ 7:00 AM STARTS @ 10:30 AM
<b>15</b> Week 11	<b>16</b>	<b>17</b>	<b>18</b> @ Janesville Craig LEAVE @ 3:00 PM STARTS @ 5:00 PM	<b>19</b>	<b>20</b>	<b>21</b> <b>Spartan JV Invite @ Memorial STARTS @ 1 PM</b>
<b>22</b> <b>State Taper</b> Week 12	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> <b>NO SCHOOL</b> <b>State Mornings Stop</b>	<b>27</b> <b>NO SCHOOL</b>	<b>28</b> Big-8 Conference Meet @ Middleton STARTS @ 1 PM
<b>29</b> Week 13	<b>30</b>	<b>31 HALLOWEEN</b>	<b>Nov. 1</b>	<b>2</b>	<b>3</b>	<b>4</b> WIAA Sectional @ Middleton STARTS @ 1 PM
<b>5</b> Week 14	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> WIAA State @ UW-Natorium STARTS @ 3 PM