

JMM SWIMMING PRESEASON SCHEDULE



AUGUST 2007

PRACTICE STARTS - August 13

6:30 - 7:15 AM - Meeting

7:15 - 9:30 AM - Practice

Please bring all of the following:

All required forms

Suit, goggles, cap, water bottle, & towel

****Starting August 14-**

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

August 18 - Alumni Meet @ HOME

Meet Starts @ 5:30 PM

Parade of Alumni @ 5:20 PM

August 22 - "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 24 - @ Madison East

Bus Leaves @ 3:15 PM

Meet Starts @ 5:00 PM

August 25 - @ EC Relay Meet

Bus Leaves @ 7:30 AM

Meet Starts @ 12:30 PM

August 28 - @ Waukesha South

Bus Leaves @ 2:00 PM

Meet Starts @ 5:00 PM

August 30 - Biathlon @ JMM

August 31 - Janesville Craig @ HOME

Meet Starts @ 5:00 PM

SUN	MON	TUE	WED	THU	FRI	SAT
<div style="border: 1px solid black; padding: 5px;"> JMM= Memorial H.S. Pool Bold= Please make note time/place/event *All practices AM unless specified </div>			1	2	3	4
5	6	7	8	9	10	11
<div style="border: 1px solid black; padding: 5px; text-align: center;"> For more information, visit: SPARTANSWIMMINGDIVING.COM </div>						
12	13	14	15	16	17	18
Week 1	PRACTICE STARTS 6:30-7:15 - Meeting 7:15-9:30 - Practice 500 Time Trial	6:30-9:45 @ JMM Time Trials 200 IM 50 Free	6:30-9:45 @ JMM Time Trials 100 Back 100 Breast	6:30-9:45 @ JMM Time Trials 100 Fly 100 Free	6:30-9:45 @ JMM 200 Free Time Trial	7:30-9:45 @ JMM Start/Turn Work Alumni Meet STARTS @ 5:30 PM
19	20	21	22	23	24	25
Week 2	6:30-9:45 @ JMM Freestyle Work Videotape	6:30-9:45 @ JMM Backstroke Work Videotape	"Blitz Day" 11:45-3 PM- @ JMM Team Meeting	6:30-9:45 @ JMM Breaststroke Work Videotape	7:30-9:45 @ JMM Start Work @ Madison East LEAVE @ 3:15 PM STARTS @ 5 PM	@ EC Relay Meet (@ UW-Eau Claire) LEAVE @ 7:30 AM STARTS @ 12:30 PM
26	27	28	29	30	31	Sept. 1
Week 3	6:30-9:45 @ JMM Fly Work	7:30-9:45 @ JMM @ Waukesha South LEAVE @ 2:00 PM STARTS @ 5 PM	6:30-9:45 @ JMM Distance Free Work	JMM Biathlon 7:00 or 7:30 Arrival @ JMM Until ~9:45 AM	7:30-9:45 @ JMM Start/Turn Work Janesville Craig STARTS @ 5 PM	AM Practice @ JMM - 6:45-9:00

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*

*Group A Wednesdays

AM Practice ONLY on:

September 12 & 26

PM Practice ONLY on:

September 19 & October 3

*Group B Wednesdays

AM Practice ONLY on:

September 19 & October 3

PM Practice ONLY on:

September 12 & 26



SEPTEMBER 2007

SUN	MON	TUE	WED	THU	FRI	SAT
For more information, visit: SPARTANSWIMMINGDIVING.COM						Sept. 1 AM Practice @ JMM - 6:45-9:00
Week 3						
2	3 Labor Day NO SCHOOL NO PRACTICE	4 SCHOOL STARTS No AM Practice	5 Fall Sports Kickoff Potluck @ 6 PM @ JMM Cafeteria EVERYONE AM	6	7 Janesville Parker STARTS @ 5 PM	8 AM Practice @ JMM - 6:45-9:00
Week 4						
9 2007 Ironman	10 FRESHMAN Code Meeting-7 PM (Rm. 200 after) JUNIORS @ 7 PM	11	12	13	14	15 Trojan Invite @ Carthage College LEAVE @ 9:15 AM STARTS @ 1:20 PM
Week 5						
16	17	18 No School REGULAR PRACTICE SCHEDULE	19	20 Sun Prairie STARTS @ 5PM	21 REGULAR PM PRACTICE	22 AM Practice @ JMM - 6:45-9:00
Week 6						
23/30 Sept. 23 - F4 Day	24	25	26	27 Verona STARTS @ 5PM	28 @ Beloit LEAVE @ 2:30 PM STARTS @ 5 PM	29 AM Practice @ JMM - 6:45-9:00
Week 7						

TIMELINES

AM PRACTICE

Monday - Swimming

Wednesday - Refer to Calendar

Tuesday & Thursday -

Conditioning Program

SPARTAN JV INVITE

SATURDAY, OCTOBER 20

@ MADISON MEMORIAL H.S.

State Taper Group -

On Deck @ JMM @ 7:45 AM

Conference Taper Group -

On Deck @ JMM @ 8:15 AM

JV Taper Group -

On Deck @ JMM @ 8:30 AM

Breakfast @ 10:00 AM

At Meet @ 11:45 AM

Meet Starts @ 1:00 PM

CONFERENCE MEET

SATURDAY, OCTOBER 27

@ MIDDLETON H.S.

On Deck @ JMM @ 8:15 AM

Breakfast @ 9:30 AM

At Meet @ 11:45 AM

Meet Starts @ 1:00 PM



OCTOBER 2007

SUN	MON	TUE	WED	THU	FRI	SAT
Sept. 30 Week 8	1	2 Lancer JV Invite @ LaFollette H.S. STARTS @ 5 PM	3 A=PM B= AM	4 JV Taper Mornings Stop	5 LaFollette STARTS @ 5 PM *Parents Night	6 Madison Girls Invite (UW-Natatorium) WARMUPS - 1:30 PM STARTS @ 3:00 PM
7 Week 9	8	9	10 EVERYONE PM ONLY	11 Conference Taper Mornings Stop	12 @ Madison West STARTS @ 5 PM	13 AM Practice @ JMM - 6:45-9:00
14 Week 10	15 EARLY RELEASE 3:45 ON DECK EVERYONE PM ONLY	16	17 @ Middleton STARTS @ 5 PM NO AM PRACTICE	18	19 SHAVE PM No AM Practice Regular PM Practice Dinner @ 6:15 PM	20 Spartan JV Invite @ JMM STARTS @ 1 PM AM Practice - TBA
21 Week 11	22 EVERYONE PM ONLY	23	24	25 NO SCHOOL AM Practice Only State Taper Mornings Stop	26 SHAVE PM NO SCHOOL 3:45 ON DECK Dinner @ 6:15 PM	27 Big 8 Conference @ Middleton STARTS @ 1 PM
28 Week 12	29	30	31 HALLOWEEN			

For more information, visit: SPARTANSWIMMINGDIVING.COM

TIMELINES

CONFERENCE MEET

SATURDAY, OCTOBER 27
@ MIDDLETON H.S.

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

WIAA SECTIONAL MEET

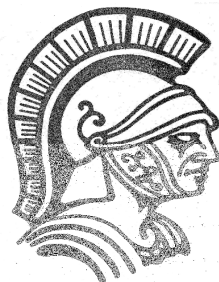
SATURDAY, NOVEMBER 3
@ MIDDLETON H.S.

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

WIAA STATE MEET

SATURDAY, NOVEMBER 10
@ UW-NATATORIUM

On Deck @ JMM @ 8:30 AM
Breakfast @ 10:30 AM
At Meet @ 1:30 AM
Meet Starts @ 3:00 PM



OCTOBER/NOVEMBER 2007

SUN	MON	TUE	WED	THU	FRI	SAT
Oct. 21 Week 11	22	23 AM Practice	24 AM Practice	25 NO SCHOOL AM Practice ONLY 6:30 or 7:00 ON DECK Mickey's after Practice	26 SHAVE PM NO SCHOOL Regular PM Practice 3:45 ON DECK Dinner out w/ Conference Group @ 6:15 PM	27 Big Eight Conference Meet @ Middleton H.S. STARTS @ 1 PM
28 Week 12	29	30 Dinner out w/ Sectional Group @ 6:15 PM	31 HALLOWEEN Halloween Relay	Nov. 1	2 Sectional Dinner @ Someone's House @ 6:15 PM	3 WIAA Sectional Meet @ Middleton H.S. STARTS @ 1 PM
4 Week 13	5 Early Release @ Practice Team Meeting	6 @ Practice Visualize on pool deck Dinner @ Boy's Captains @ 6:15 PM	7 @ Practice Watch Videos	8	9 @ Practice Watch Video Clip Visualize on blocks Candy Dive State Dinner @ Someone's House @ 6:00 PM	10 SHAVE AM WIAA State Meet @ UW-Natatorium STARTS @ 3 PM