



AUGUST 2008

For more information, visit: SPARTANSWIMMINGDIVING.COM

SUN	MON	TUE	WED	THU	FRI	SAT
<div style="border: 1px solid black; padding: 5px;"> JMM= Memorial H.S. Pool PC= Parkcrest Pool Bold= Please make note time/place/event *All practices AM unless specified </div>		<div style="border: 1px solid black; padding: 5px;"> REMINDER: Starting August 13... Bring running shoes and shorts as we will be running and doing dryland. </div>			1	2
3	4	5	6	7	8	9
10	11 Registration/Forms Drop-off Day @ 6-7 PM @ JMM Cafeteria	12 PRACTICE STARTS 6:30-7:00 - Meeting 7:00-9:45 - Practice Time Trial - 500 Free	13 6:30-9:45 @ JMM Time Trials 200 IM 50 Free	14 6:30-9:45 @ JMM Time Trials 100 Back 100 Breast	15 6:30-9:45 @ JMM Time Trials 100 Fly 100 Free	16 6:30-9:45 @ JMM Time Trial 200 Free
Week 1						
17	18 6:30-9:45 @ JMM Freestyle Work Videotape	19 6:30-9:45 @ JMM Team Meeting @ End of Practice	20 6:30-9:45 @ JMM Backstroke Work Videotape	21 6:30-9:45 @ JMM Breaststroke Work Videotape	22 6:30-9:45 @ JMM Butterfly Work Videotape	23 PCN Potluck 7:30-9:45 @ JMM Start/Turn Work Alumni Meet WARMUPS @ 3:45 PM STARTS @ 5:00 PM
Week 2						
24/31 Guy/Girl Picnic @ Schneider's House	25 6:30-9:45 @ PC I.M. Work	26 6:30-9:45 @ PC Distance Free Work	27 6:30-9:45 @ PC Spartan Card Blitz Night @ 3-7:30 PM Meet at Gym at 3:00 PM	28 JMM Biathlon 7:00 or 7:30 AM Arrival @ JMM Until ~9:45 AM	29 7:30-9:45 @ JMM Madison West WARMUPS @ 3:45 PM STARTS @ 5:00 PM	30 6:30-9:45 @ JMM
Week 3						

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 10 & 24

PM Practice ONLY on:

September 17 & October 1

*Group B Wednesdays

AM Practice ONLY on:

September 17 & October 1

PM Practice ONLY on:

September 10 & 24



SEPTEMBER 2008

SUN	MON	TUE	WED	THU	FRI	SAT	
Week 4	1 Labor Day NO SCHOOL NO PRACTICE	2 SCHOOL STARTS EVERYONE AM	3 No AM Practice	4	5 @ Verona LEAVE @ 3:20 PM STARTS @ 5 PM	6 @ EC Relay Meet (@ UW-Eau Claire) LEAVE @ 7:30 AM STARTS @ 12:30 PM	
Week 5	7 2008 Ironman	8 FRESHMAN Code Meeting-7 PM (Rm. 200 after)	9	10 Fall Sports Kickoff Potluck @ 6 PM @ JMM Cafeteria A=AM B= PM	11	12 Sun Prairie STARTS @ 5 PM	13 Wisconsin Invite @ UW-Natorium PRELIMS @ 10 AM FINALS @ 5 PM
Week 6	14 Era Party	15	16 No School REGULAR PRACTICE SCHEDULE	17	18	19 @ Janesville Craig LEAVE @ 2:50 PM STARTS @ 5 PM	20 Minneapolis Invite @ Univ. of Minnesota LEAVE @ 7:00 AM STARTS @ 1:00 PM
Week 7	21	22	23	24	25	26 LaFollette STARTS @ 5PM	27 Middleton Invite @ Middleton H.S. STARTS @ NOON AT JMM @ 8:30 AM
Week 8	28	29	30	For more information, visit: SPARTANSWIMMINGDIVING.COM			

TIMELINES

AM PRACTICE

Monday - Swimming

Wednesday - Refer to Calendar

Tuesday & Thursday -

Conditioning Program

SPARTAN JV INVITE

SATURDAY, OCTOBER 25

@ 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, NOVEMBER 1

@ UW-Natatorium

On Deck @ JMM @ 8:15 AM

Breakfast @ 9:30 AM

At Meet @ 11:30 AM

Meet Starts @ 1:00 PM



OCTOBER 2008

SUN	MON	TUE	WED	THU	FRI	SAT
For more information, visit: SPARTANSWIMMINGDIVING.COM			1 A=PM B= AM	2	3 Beloit Memorial STARTS @ 5 PM	4 Junior Breakfast AM Practice @ JMM - 6:45-9:00
Week 8						
5 F4 Day - 1-6 PM	6	7	8 EVERYONE PM ONLY	9 JV Taper Mornings Stop	10 @ Middleton LEAVE @ 3:30 PM STARTS @ 5 PM	11 Team Sleepover @ King's House AM Practice @ JMM - 6:45-9:00
Week 9						
12	13 EARLY RELEASE PM PRACTICE 3:45 ON DECK	14 Lancer JV Invite @ LaFollette H.S. STARTS @ 5 PM	15	16 Conference Taper Mornings Stop	17 Janesville Parker STARTS @ 5 PM	18 Homestead Invite @ Homestead H.S. LEAVE @ 7:00 AM STARTS @ 10:30 AM
Week 10						
19	20	21	22 @ Madison East LEAVE @ 3:15 PM STARTS @ 5 PM NO AM PRACTICE	23	24 SHAVE PM Dinner @ 6:15 PM	25 Spartan JV Invite @ JMM STARTS @ 1 PM AM Practice - TBA
Week 11						
26 Halloween Party	27 EVERYONE PM ONLY	28	29	30 NO SCHOOL 3:45 ON DECK State Taper Mornings Stop	31 SHAVE PM NO SCHOOL 3:45 ON DECK HALLOWEEN Dinner @ 6:15 PM	Nov. 1 Big 8 Conference @ UW-Natatorium WARMUP @ 11:30 STARTS @ 1 PM
Week 12						

TIMELINES

CONFERENCE MEET
SATURDAY, NOVEMBER 1
@ UW-NATATORIUM

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

WIAA SECTIONAL MEET
SATURDAY, NOVEMBER 8
@ 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 15
@ UW-NATATORIUM

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



NOVEMBER 2008

SUN	MON	TUE	WED	THU	FRI	SAT
Week 12	Oct. 27 PM Practice ONLY	28 AM Practice	29 AM Practice	30 NO SCHOOL AM Practice ONLY 6:30 or 7:00 ON DECK Mickey's after Practice	31 SHAVE PM NO SCHOOL Regular PM Practice 3:45 ON DECK Dinner out w/ Conference Group @ 6:15 PM	1 Big 8 Conference @ UW-Natorium WARMUP @ 11:30 STARTS @ 1 PM
2	3	4 Dinner out w/ Sectional Group @ 6:15 PM	5	6	7 Sectional Dinner @ Someone's House @ 6:15 PM	8 WIAA Sectional Meet @ Middleton H.S. STARTS @ 1 PM
Week 13	9	10 @ Practice Team Meeting	11 @ Practice Visualize on pool deck Dinner @ Boy's Captains @ 6:15 PM	12 @ Practice Watch Videos	13 Early Release	14 NO SCHOOL @ Practice Watch Video Clip Visualize on blocks Candy Dive State Dinner @ Someone's House @ 6:00 PM
Week 14	15	SHAVE AM WIAA State Meet @ UW-Natorium STARTS @ 3 PM				