

JMM SWIMMING SCHEDULE



SEPTEMBER 2010

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*

SUN	MON	TUE	WED	THU	FRI	SAT
Aug. 29 Week 4	30 AM Practice 6:30-9:45 @ JMM	31 AM Practice 6:30-9:45 FRESHMEN CODE in Aud @ 7 PM (Rm. 200 after)	1 No AM Practice For Freshman SCHOOL STARTS	2 No AM Practice JUNIOR CODE MEETING in Aud @ 7 PM	3 Madison West STARTS @ 5 PM	4 AM Practice @ JMM - 6:45-9:00
5 Week 5	6 Labor Day NO SCHOOL NO PRACTICE	7	8 Fall Sports Kickoff Potluck @ 6 PM @ JMM Cafeteria A=AM B= PM	9	10 @ Verona Be at Verona @ 3:45 PM STARTS @ 5 PM	11 AM Practice @ JMM - 6:45-9:00
12 2010 Ironman Week 6	13	14	15 A=PM B= AM	16 Sun Prairie STARTS @ 5 PM	17 PM Practice Only	18 Middleton Relay Invite @ Middleton H.S. JV Meet @ 10:30 AM Varsity Meet @ 3:15 PM
19 Week 7	20	21	22 A=AM B= PM	23	24 @ Janesville Craig LEAVE @ 2:20 PM STARTS @ 4:30 PM	25 AM Practice @ JMM - 6:45-9:00
26 F4 Day - 12-6 PM Week 8	27	28	29 A=PM B= AM	30	For more information, visit: SPARTANSWIMMINGDIVING.COM	

*Group A Wednesdays

AM Practice ONLY on:

September 8 & 22

PM Practice ONLY on:

September 15 & 29

*Group B Wednesdays

AM Practice ONLY on:

September 15 & 29

PM Practice ONLY on:

September 8 & 22