


November – CVHS Swimming Schedule '17

Updated 11/9/17

Sun Mon Tue Wed Thu Fri Sat

<http://www.cvswimdive.com>

	6 Swim/Dive Media Day @ CV	7 3:15-5:30pm Optional Pre-Season Workout Pre-Season Diving	8 3:15-5:30pm Optional Pre-Season Workout	9 3:15-5:30pm Optional Pre-Season Workout Pre-Season Diving	10	11
12	13 3:15-5:30pm Optional Pre-Season Workout Pre-Season Diving	14 3:15-5:30pm Optional Pre-Season Workout Pre-Season Diving	15 3:15-5:30pm Optional Pre-Season Workout Pre-Season Diving	16 Meeting of Total Team 3:15pm on pool deck Allow 60 minutes	17 PM Swim 3:10-4:15PM (NOTE TIME) All Groups	18
19	20 Dive: 5:30-7am Varsity: 3:10-5:30pm JV: 4:30-6pm	21 Varsity: 3:10-5:30pm JV: 5-6:30pm Dive: 3:15-5:15pm IMPACT Test	22 Early Dismissal. (11am) Varsity/JV: 11:30am-2pm Dive: 5:30-7am	23 Happy Thanksgiving No Practice	24 No school Dive: 5:30-7am Varsity/JV 8-10:30am	25
26	27 No school Dive: 5:30-7am Varsity/JV 8-10:30am Varsity Swimmers/Divers Uniform Distribution	28 Varsity: 6-7am Weight Room Orientation Dive: 3:15-5:30pm Team Pictures 3:15pm Varsity: 3:10-5:30pm JV: 5-6:30pm JV Swimmers Uniform Distribution	29 Varsity: 6-7am Weights Dive: 5:30-7am Pool Varsity: 3:10-5:30pm JV Weights: 3:15-4:15pm JV Swim: 4:30-6pm	30 Varsity: 5:30-7am pool Dive: 3:15-5:30pm Varsity: 3:10-5:30pm JV: 5-6:30pm	 <div style="border: 2px solid black; padding: 5px; display: inline-block; font-size: 2em; font-weight: bold;">2017</div>	

Have you returned your paperwork to School Trainers? You may not swim/dive until all paperwork is returned?
Have you registered for the Booster Club? <http://bit.ly/2IKO4WW>