

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	First practice 3:30p 1	JV 3:30-5p V 3:30-5:30 2	JV 3:30-5p V 3:30-5:30 2:30p Suit Fitting 3	JV 3:30-5p V 3:30-5:30 PARENT MTG 5:00 4	12:30pm TIME TRIALS 5	REQUIRED PRACTICE EVERYONE 10:30a-12p 6
7	JV 3:30-5p V 3:30-5:30 8	JV 3:30-5p V 3:30-5:30 9	JV 3:30-5p V 3:30-5:30 10	JV 3:30-5p V 3:30-5:30 11	9:00am Practice 12	No Practice 13
14	President's Day No Practice 15	JV 3:30-5p V 3:30-5:30 16	JV 3:30-5p V 3:30-5:30 17	JV 3:30-5p V 3:30-5:30 18	JV 3:30-5p V 3:30-5:30 19	REQUIRED VARSITY PRACTICE 10:30-12P 20
21	JV 3:30-5p V 3:30-5:30 22	JV 3:30-5p V 3:30-5:30 23	JV 3:30-5p V 3:30-5:30 24	JV 3:30-5p V 3:30-5:30 25	INTER-SQUAD Dual Meet 26	REQUIRED VARSITY PRACTICE 10:30-12P 27
28	JV 3:30-5p V 3:30-5:30 29					

FEBRUARY

2016

1 2
3 4 5 6 7 8 9
10 11 12 13 14 15 16
17 18 19 20 21 22 23
24 25 26 27 28 29 30
31

JANUARY 2016

1 2 3 4 5
6 7 8 9 10 11 12
13 14 15 16 17 18 19
20 21 22 23 24 25 26
27 28 29 30 31

MARCH 2016

NOTES:

LOTS OF YARDAGE...

LOTS OF SPRINTS...

LOTS OF AEROBIC IM and STROKE

LOTS OF MAX OVERLOAD

BE ORGANIZED – STAY HEALTHY!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		JV 3:30-5p V 3:30-5:30 1	JV 3:30-5p V 3:30-5:30 2	JV 3:30-5p V 3:30-5:30 3	JV 3:30-5p V 3:30-5:30 TIME TRIALS 4	REQUIRED PRACTICE EVERYONE 10:30a-12p 5
6	JV 3:30-5p V 3:30-5:30 7	JV 3:30-5p V 3:30-5:30 8	JV 3:30-5p V 3:30-5:30 9	Home vs. Aragon 10	JV 3:30-5p V 3:30-5:30 11	DISTANCE PRACTICE 10:30-12P 12
13	JV 3:30-5p V 3:30-5:30 14	JV 3:30-5p V 3:30-5:30 15	JV 3:30-5p V 3:30-5:30 16	AT Burlingame 17	JV 3:30-5p V 3:30-5:30 18	PRACTICE 10:30-12P 19
20	JV 3:30-5p V 3:30-5:30 21	JV 3:30-5p V 3:30-5:30 22	JV 3:30-5p V 3:30-5:30 23	At M-A 24	JV 3:30-5p V 3:30-5:30 25	PRACTICE 10:30-12P Fashion Show 26
27	JV 3:30-5p V 3:30-5:30 28	JV 3:30-5p V 3:30-5:30 29	JV 3:30-5p V 3:30-5:30 30	Home vs. Sequoia 31		

MARCH

2016

1 2 3 4 5 6
7 8 9 10 11 12 13
14 15 16 17 18 19 20
21 22 23 24 25 26 27
28 29

1 2
3 4 5 6 7 8 9
10 11 12 13 14 15 16
17 18 19 20 21 22 23
24 25 26 27 28 29 30

FEBRUARY 2016

APRIL 2016

NOTES:

Monday = Aerobic = 100s / 200s

Tuesdays = Max Overload

Weds = Aerobic = IM and Stroke

Thursdays = Meets/Quality

Fridays = Mix

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:00am Practice Time Trials	
	SPRING BREAK TBA	SPRING BREAK TBA	SPRING BREAK TBA	SPRING BREAK TBA	SPRING BREAK TBA	
3	4	5	6	7	8	9
	JV 3:30-5p V 3:30-5:30	JV 3:30-5p V 3:30-5:30	JV 3:30-5p V 3:30-5:30	HOME vs. Carlmont	JV 3:30-5p V 3:30-5:30	PRACTICE TBA
10	11	12	13	14	15	16
	JV 3:30-5p V 3:30-5:30	JV 3:30-5p V 3:30-5:30	JV 3:30-5p V 3:30-5:30	AT Hillsdale	JV 3:30-5p V 3:30-5:30	PRACTICE TBA
17	18	19	20	21	22	23
	JV 3:30-5p V 3:30-5:30	JV 3:30-5p V 3:30-5:30	JV 3:30-5p V 3:30-5:30	AT San Mateo	JV 3:30-5p V 3:30-5:30	PRACTICE TBA
24	25	26	27	28	29	30

APRIL

2016

1 2 3 4 5
6 7 8 9 10 11 12
13 14 15 16 17 18 19
20 21 22 23 24 25 26
27 28 29 30 31

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

MARCH 2016

MAY 2016

NOTES:

For those of you wanting to qualify for CCS,
STRONG Recommendation that you stay in town
and practice during Spring Break. Year-Round
swimmers know this is NOT the time to take a
break!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	JV 3:30-5p V 3:30-5:30	JV 3:30-5p V 3:30-5:30	PALS GIRLS	PALS BOYS	JV 3:30-5p V 3:30-5:30	PALS FINALS
8	PRACTICES TBA	PRACTICES TBA	PRACTICES TBA	PRACTICES TBA	CCS PRELIMS	CCS FINALS
15	AWARDS BANQUET ?	AWARDS BANQUET ?	SPRING AWARDS NIGHT			
22						
29						

MAY

2016

1 2
3 4 5 6 7 8 9
10 11 12 13 14 15 16
17 18 19 20 21 22 23
24 25 26 27 28 29 30

1 2 3 4
5 6 7 8 9 10 11
12 13 14 15 16 17 18
19 20 21 22 23 24 25
26 27 28 29 30

APRIL 2016

JUNE 2016

NOTES:

PALS is the season-ending championship in which

ALL high schools participate. All swimmers

MUST PARTICIPATE BOTH DAYS or you

will **NOT** get credit for swimming.