

The 6:00-7:30 am practices are optional. You may participate with coaches approval. Your health and your school work have priority over the morning workouts. Middle School swimmers are done at 7:00 am.

## Centennial Girls Swimming & Diving – Practice/Meet Schedule August 2009 tentative 6/3/09

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 ALL 4:00-6:00 Boot Camp Fall Sports MTG ? 7:00 pm	18 JV 7:00-9:00 V/D 9:00-11:00  ALL 4:00-6:00 Boot Camp	19 JV 7:00-9:00 V/D 9:00-11:00  ALL 4:00-6:00 Boot Camp	20 JV 7:00-9:00 V/D 9:00-11:00  ALL 4:00-6:00 Boot Camp	21 JV 7:00-9:00 V/D 9:00-11:00  ALL 4:00-6:00 Boot Camp	22 <b>Car Wash TBA</b>
24 JV 7:00-9:00 V/D 9:00-11:00  ALL 4:00-6:00 Boot Camp	25 JV 7:00-9:00 V/D 9:00-11:00  ALL 4:00-6:00 Boot Camp	26 JV 7:00-9:00 V/D 9:00-11:00  ALL 4:00-6:00 Boot Camp	27 JV 7:00-9:00 V/D 9:00-11:00  ALL 4:00-6:00 Boot Camp	28 JV 7:00-9:00 V/D 9:00-11:00  <b>Meet 6:00 pm Alumni meet</b>	29 V/D 9:00-11:00 <b>Meet Conf Relays Swim 5:00 pm @ Northdale Dive 3:30 pm @ Centennial</b>

## Swimming & Diving – Practice/Meet Schedule September 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 JV 7:00-9:00 V/D 9:00-11:00  ALL 4:00-6:00 Boot Camp	1 JV 7:00-9:00 V/D 9:00-11:00  ALL 4:00-6:00 Boot Camp	2 JV 7:00-9:00 V/D 9:00-11:00  ALL 4:00-6:00 Boot Camp	3 <b>Meet 6:00 pm Coon Rapids @ Northdale MS</b>	4 JV 7:00-9:00 V/D 9:00-11:00  ALL 4:00-6:00 Boot Camp	5
7 Labor Day	8 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	9 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	10 6:00-7:30 a <b>Meet 6:00 pm Blaine @ Northdale MS</b>	11 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	12
14 <b>Meet 6:00 pm Hudson @ Centennial</b>	15 6:00-7:30 a JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	16 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	17 6:00-7:30 a <b>Meet 6:00 pm Elk River @ Vandenberg JHS</b>	18 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	19 V/D 7:00-9:00
21 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	22 6:00-7:30 a <b>Meet 6:00 pm Andover @ Centennial</b>	23 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	24 6:00-7:30 a <b>Meet 6:00 pm Champlin Park @ Centennial</b>	25 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	26 V/D 7:00-9:00 am Swim-a-thon 6:30- 11:30pm
28 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	29 6:00-7:30 a <b>Meet 6:00 pm Buffalo @ Buffalo ?</b>	30 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	1	2	3

Fund Raisers: Swim-a-thon  
Team Pictures

The 6:00-7:30 am practices are optional. You may participate with coaches approval. Your health and your school work have priority over the morning workouts. Middle School swimmers are done at 7:00 am.

Centennial Girls Swimming & Diving – Practice/Meet Schedule					
October 2009					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:00-7:30 a <b>Meet 6:00 pm</b> Park Center @ Brooklyn JHS	2 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	3 <b>Meet 1:00 pm</b> Bengal Invite @ Northdale MS
5 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	6 6:00-7:30 a <b>Parent night</b> <b>Meet 6:00 pm</b> Maple Grove @ Centennial	7 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	8 6:00-7:30 a JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	9 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	10 <b>Meet</b> True Team Sections @ Centennial HS
12 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	13 6:00-7:30 a <b>Meet 6:00 pm</b> Anoka @ Fred More MS	14 6:00-7:30 a <b>Meet 5:00 pm</b> Tuna Invite @ Centennial 7 <sup>th</sup> & 8 <sup>th</sup> Grade	15 <b>MEA</b> JV/V/D 9:00-11:00	16 <b>MEA</b> JV/V/D 9:00-11:00	17 ??? T.B.A.
19 <b>start JV Taper</b> JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	20 6:00-7:30 a <b>Senior night</b> <b>Meet 6:00 pm</b> Osseo @ Centennial	21 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	22 6:00-7:30 a JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	23 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	24 V/D 7:00-9:00
26 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	27 6:00-7:30 a JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	28 JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	29 6:00-7:30 a JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00	30 <b>start Sec Taper</b> JV/MS 2:50-5:00 JV/HS 3:15-5:30 V/D 3:15- 6:00 JV Dinner 5:30	31 V/D 7:00-9:00 <b>Meet</b> JV NWSC Champ Dive @ 9:00 am Swim @ 12:00 am @ Elk River

Centennial Girls Swimming & Diving – Practice/Meet Schedule					
November 2009					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 V/D 3:15- 6:00	3 6:00-7:30 a V/D 3:15- 6:00	4 <b>start State taper</b> V/D 3:15- 6:00	5 V/D 3:15- 6:00	6 V/D 3:15- 6:00	7 V/D 7:00-9:00
9 V/D 3:15- 6:00	10 V/D 3:15- 5:00 Section Dinner 5:30	11 V/D 3:15- 6:00	12 <b>Meet 6:00 pm</b> Section Prelim swimming @ Stillwater	13 <b>Meet 12:00 pm</b> Section Prelim diving @ Stillwater	14 <b>Meet 1:00 pm</b> Section Finals Swim/dive @ Stillwater
16 V/D 3:15- 6:00	17 V/D 3:15- 5:00 State Dinner 5:30	18 V/D 4:00-4:30 U of M	19 <b>Swim Meet</b> U of M <b>Diving Prelim</b>	20 <b>Swim Meet</b> U of M <b>Swimming Pre</b>	21 <b>Swim Meet</b> U of M <b>Swim/Dive Fin</b>

Open Meet dates: Sept 1, Oct. 22, Oct, 27

Possible teams: Moundsview, Cambridge-Isanti, Duluth East, Stillwater, Roseville, Grand Rapids

Possible travel Invite to Alexandria, Grand Rapids, Duluth