

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.

Revised 8/30/11

We will be at "SLP" Spring Lake Park, August 15-16. The Centennial pool will be available August 17

## Centennial Girls Swimming & Diving – Practice/Meet Schedule August 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 <b>SLP</b> ALL 6:00-8:00 PM Boot Camp	16 SLP JV 7:00-9:00 am V/D 9:00-11:00 am  ALL 6:00-8:00 pm Boot Camp	17 CENT JV 7:00-9:00 am V/D 9:00-11:00 am  ALL 4:00-6:00 pm Boot Camp	18 CENT JV 7:00-9:00 am V/D 9:00-11:00 am  ALL 4:00-6:00 pm Boot Camp	19 CENT JV 7:00-9:00 am V/D 9:00-11:00 am  ALL 4:00-6:00 pm Boot Camp	20 <b>Car Wash</b> <b>TBA</b>
22 CENT JV 7:00-9:00 am V/D 9:00-11:00 am ALL 4:00-6:00 pm parent/athlete MTG 6:30 HS gym	23 CENT JV 7:00-9:00 am V/D 9:00-11:00 am  ALL 4:00-6:00 pm Boot Camp	24 CENT JV 7:00-9:00 am V/D 9:00-11:00 am  ALL 4:00-6:00 pm Boot Camp	25 <b>. Meet</b> <b>Conf Relays</b> <b>Swim 5:00 pm</b> <b>@ Northdale</b> <b>Dive 6:00 pm</b> <b>@ Fred Moore</b>	26  <b>Meet 3:30 PM</b> <b>Duluth</b> <b>overnight trip</b>	27  Lake swim at Deer Lake Grand Rapids

## Swimming & Diving – Practice/Meet Schedule September 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 CENT JV 7:00-9:00 am V/D 9:00-11:00 am  ALL 4:00-6:00 pm Boot Camp	30 CENT JV 7:00-9:00 am V/D 9:00-11:00 am  ALL 4:00-6:00 pm Boot Camp	31 JV 7:00-9:00 am V/D 9:00-11:00 am  <b>MEET 6:00</b> <b>At Osseo</b>	1 CENT JV 7:00-9:00 am V/D 9:00-11:00 am  ALL 4:00-6:00 pm Boot Camp	2 CENT ALL 6:00-8:00 am Boot Camp	3
5 Labor Day	6 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	7 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	8 6:00-7:30 a <b>MEET Away 6:00p</b> <b>Blaine</b>	9 <b>Team Pics 3:15</b> <b>Meet 7:00 pm</b> <b>Alumni meet</b> <b>Ice cream social</b>	10 A 3:00-5:00 pm <b>S-A-T</b>
12 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	13 6:00-7:30 a C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	14 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	15 6:00-7:30 a <b>MEET Home 6:00 p</b> <b>Elk River</b>	16 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	17 <b>MEET</b> <b>SLP Invite</b> <b>7-9 imvite @ Blaine</b>
19 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	20 <b>MEET Home 6:00</b> <b>Mounds view</b>	21 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	22 6:00-7:30 a <b>MEET Home 6:00p</b> <b>Park Center</b>	23 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	24 A 7:00-9:00
26 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	27 <b>MEET Home 6:00</b> <b>Andover</b>	28 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	29 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	30 <b>Morning practice</b> <b>for all 6:00-7:30am</b>  <b>HC Parade 4:00</b>	1 <b>MEET 1:00 p</b> <b>Blaine Invitational</b> <b>Northdale Middle</b>

Summer Welcome meeting, 6:30 pm Monday, July 18th. Red Building Gym  
Orientation & Policy manual distribution Suit & Apparel order

Dry Land Schedule: 3:10-3:45 B  
3:45-4:20 A  
4:40- 5:15 C

“A”, “B”, “C” practice groups will be determined after the Time Trials prior to the start of school, The “A” group will be the top 18 swimmers. The “B” group will be the next 18 swimmers. The “C” group will all other swimmers.

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Revised 8/30/11

## Centennial Girls Swimming & Diving – Practice/Meet Schedule October 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>MEET 1:00 p</b> <b>Blaine Invitational</b> <b>Northdale Middle</b>
3 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	4 <b>6:00-7:30 a</b> C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	5 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	6 <b>6:00-7:30 a</b> <b>Meet 6:00 pm</b> <b>Champlin Park</b> <b>@ Jackson</b>	7 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	8 A 7:00-9:00
10 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	11 <b>6:00-7:30 a</b> <b>Meet 6:00 pm</b> <b>Coon Rapids</b> <b>@ Centennial</b>	12 <b>6:00-7:30 a</b> C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	13 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	14 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	15 <b>Meet</b> <b>True Team Sections</b> <b>@ Stillwater HS</b>
17 <b>start JV Taper</b> C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	18 <b>6:00-7:30 a</b> <b>Meet 5:00 pm</b> Conf crossover ?	19 <b>MEA</b> <b>9<sup>th</sup> &amp; up 9:00-11:00</b> <b>Meet 4:30 pm</b> <b>Tuna Invite</b> <b>@ Centennial</b> <b>7<sup>th</sup> &amp; 8<sup>th</sup> Grade</b>	20 <b>MEA</b> C 7:00-9:00 A/B 9:00-11:00	21 <b>MEA</b> C 7:00-9:00 A/B 9:00-11:00	22 A/B 7:00-9:00
24 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	25 <b>6:00-7:30 a</b> <b>Senior night</b> <b>Meet 6:00</b> <b>Anoka @</b> <b>Centennial</b>	26 C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	27 <b>6:00-7:30 a</b> C 3:00-4:30 B 4:00-6:00 A 4:30-6:30 JV Dinner 5:30	28 <b>start Sec Taper</b> C 3:00-4:30 B 4:00-6:00 A 4:30-6:30	29 A 7:00-9:00 <b>Meet</b> <b>JV NWSC Champ</b> <b>Dive @ 9:00 am</b> <b>Swim @ 12:00 am</b> <b>@ Elk River</b>

## Centennial Girls Swimming & Diving – Practice/Meet Schedule November 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 A 3:15- 6:00	1 <b>6:00-7:30 a</b> A 3:15- 6:00	2 <b>start State taper</b> A 3:15- 6:00	3 A 3:15- 6:00	4 A 3:15- 6:00	5 A 7:00-9:00
7 A 3:15- 6:00	8 A 3:15- 5:00	9 A 3:15- 6:00 Section Dinner 5:30	10 <b>Meet 6:00 pm</b> <b>Section Prelim</b> <b>swimming</b> <b>@ Stillwater</b>	11 <b>Meet 6:00 pm</b> <b>Section Prelim</b> <b>diving</b> <b>@ Stillwater</b>	12 <b>Meet 1:00 pm</b> <b>Section Finals</b> <b>Swim/dive</b> <b>@ Stillwater</b>
14 A 3:15- 6:00	15 A 3:15- 6:00	16 A 3:15-5:00 State Dinner 5:30	17 <b>Swim Meet</b> <b>U of M</b> <b>Diving Prelim</b> <b>Swim Warm-</b> <b>up 4:00-4:30???</b>	18 <b>Swim Meet</b> <b>U of M</b> <b>Swimming Pre</b>	19 <b>Swim Meet</b> <b>U of M</b> <b>Swim/Dive Fin</b>