

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 8/15/10

Centennial Girls Swimming & Diving – Practice/Meet Schedule August 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 ALL 4:00-6:00 Boot Camp	17 JV 7:00-9:00 V/D 9:00-11:00 ALL 4:00-6:00 Boot Camp	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 Car Wash TBA
23 JV 7:00-9:00 V/D 9:00-11:00 ALL 4:00-6:00 Boot Camp required parent/athlete MTG 6:30 HS gym	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 Meet 6:00 pm Alumni meet	28 V/D 9:00-11:00 Meet Conf Relays Swim 10:00 am @ Northdale Dive 10:30 am @ Centennial

Swimming & Diving – Practice/Meet Schedule September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 JV 7:00-9:00 V/D 9:00-11:00 ALL 4:00-6:00 Boot Camp	31 JV 7:00-9:00 V/D 9:00-11:00 ALL 4:00-6:00 Boot Camp	1 MEET Away Osseo At Osseo 6:00 pm Bus at 3:30JV	2 7:00-9:00 V/D 9:00-11:00 ALL 4:00-6:00 Boot Camp	3 JV 7:00-9:00 V/D 9:00-11:00 ALL 4:00-6:00 Boot Camp	4
6 Labor Day	7 JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	8 JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	9 6:00-7:30 a Team Pic day MEET Home 6:00p Blaine	10 6:30 pm dive 7:00 pm swim Meet South Invcite U of M Aquatic Ctr	11 V/D 7:00-9:00
13 JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	14 6:00-7:30 a MEET Away 6:00 At Champlin Park Bus at 3:30	15 JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	16 6:00-7:30 a MEET Home 6:00 p Park Center	17 JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	18 V/D 7:00-9:00
20 JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	21 6:00-7:30 a JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	22 JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	23 6:00-7:30 a MEET Home 6:00p Buffalo	24 JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	25 V/D 7:00-9:00
27 JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	28 6:00-7:30 a JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	29 JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	30 MEET Home 6:00 p Anoka	1	2

Summer Welcome meeting, 6:30 pm Monday, July 26th. Red Building Gym

Orientation & Policy manual distribution

Suit & Apparel order

Dry Land Schedule: 3:10-3:45 JV/HS

3:45-4:20 V/D

4:40- 5:15 JV/MS

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 8/15/10

Centennial Girls Swimming & Diving – Practice/Meet Schedule October 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Homecoming Morning practice only 6:00-7:30 am	2 MEET 1:00 p Blaine Invitational Northdale Middle
4 JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	5 6:00-7:30 a	6 JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	7 6:00-7:30 a Meet 6:00 pm Coon Rapids @ Northdale	8 JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	9 V/D 7:00-9:00
11 JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	12 6:00-7:30 a Meet 6:00 pm Elk River @ Centennial	13 6:00-7:30 a JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	14 JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	15 JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	16 Meet True Team Sections @ Centennial HS
18 start JV Taper JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	19 6:00-7:30 a Senior night Meet 6:00 pm Conf crossover ?	20 Meet 5:00 pm Tuna Invite @ Centennial 7 th & 8 th Grade	21 MEA JV/V/D 9:00-11:00J	22 MEA JV/V/D 9:00-11:00	23 V/D 7:00-9:00
25 JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	26 6:00-7:30 a Meet 6:00 Andover at Fred Moore Pool	27 JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	28 6:00-7:30 a JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30	29 start Sec Taper JV/MS 3:00-4:30 JV/HS 4:00-6:00 V/D 4:30-6:30 JV Dinner 5:30	30 V/D 7:00-9:00 Meet 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
1 V/D 3:15- 6:00	2 6:00-7:30 a V/D 3:15- 6:00	3 start State taper V/D 3:15- 6:00	4 V/D 3:15- 6:00	5 V/D 3:15- 6:00	6 V/D 7:00-9:00
8 V/D 3:15- 6:00	9 V/D 3:15- 5:00 Section Dinner 5:30	10 V/D 3:15- 6:00	11 Meet 6:00 pm Section Prelim swimming @ Stillwater	12 Meet 6:00 pm Section Prelim diving @ Stillwater	13 Meet 1:00 pm Section Finals Swim/dive @ Stillwater
15 V/D 3:15- 6:00	16 V/D 3:15- 5:00 State Dinner 5:30	17 V/D 4:00-4:30 U of M	18 Swim Meet U of M Diving Prelim	19 Swim Meet U of M Swimming Pre	20 Swim Meet U of M Swim/Dive Fin