

LFHS Girls' Swimming and Diving



August 2011

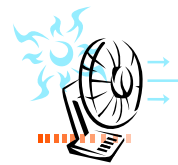
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9 Team Kick-Off Beach Party @ 5pm	10 Mandatory First Day! 6-9a @LFC JV/Var <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">Please bring swimming and dryland equipment</div>	11 6-9a @LFC JV/Var	12 6-9a @LFC JV/Var	13 6-9a @LFC JV/Var 
14	15 7:00-9:00a Var 8:00-10:30a JV 9:00-11:00a Dive 3:30-6:00p Var	16 7:00-9:00a Var 8:00-10:30a JV 9:00-11:00a Dive 3:30-6:00p Var Senior Dinner TBA	17 7:00-9:00a Var 8:00-10:30a JV 9:00-11:00a Dive 3:30-6:00p Var	18 8:00-10:30a Team Beach Run/ Breakfast! 2:50p Team Picture 3:30-6:00p Var	19 7:00-9:00a Var 8:00-10:30a JV 9:00-11:00a Dive 3:30-6:00p Var	20 8:00-11:00a JV/Var  <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 5px auto;">Mandatory Parent /Swimmer Meeting @11:00am</div>
21	22 5:45-7:15a Var 3:30-6:00p Var/JV 4:00-6:00p Dive	23 3:30-6:00p Var/JV 4:00-6:00p Dive	24 5:45-7:15a Var 3:30-6:00p Var/JV 4:00-6:00p Dive	25 3:30-6:00p Var/JV 4:00-6:00p Dive	26 5:45-7:15a Var 3:30-6:00p Var/JV 4:00-6:00p Dive	27 8:00-11:00a JV Lake Forest Relays @HOME Warmup: 1:00p
28	29 5:45-7:15a Var 3:30-6:00p Var/JV 4:00-6:00p Dive	30 3:30-6:00p Var/JV 4:00-6:00p Dive	31 5:45-7:15a Var 3:30-6:00p Var/JV 4:00-6:00p Dive			

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LFHS Girls' Swimming and Diving



September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> Please bring dryland equipment to every afternoon practice! </div>				1 3:30-6:00p Var/JV 3:30-6:00 Dive	2 5:45-7:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	3 6:00-8:00a Var/JV Dive practice TBA Team Activity TBA
	4	5 <u>Labor Day!</u> <u>No Practice</u>	6 3:30-6:00p Var/JV 3:30-6:00 Dive	7 5:45-7:15a Var Zion Benton Dual @ ZBHS Bus Leaves: 3:15p	8 3:30-6:00p Var/JV 3:30-6:00 Dive	9 5:45-7:15a Var Evanston Dual @ Evanston Bus Leaves: 3:15p
11	12 5:45-7:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	13 <u>Open House</u> 3:30-5:00 p Var/JV 3:30-5:00 Dive	14 7:15-9:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	15 Warren Dual @ Home Warmup: 3:30p	16 5:45-7:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	17 6:00-8:00a Var/JV Dive practice TBA Team Activity TBA
18	19 5:45-7:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	20 3:30-6:00p Var/JV 3:30-6:00 Dive	21 5:45-7:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	22 Libertyville Dual @ LHS Bus Leaves: 3:15p	23 5:45-7:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	24 6:00-8:00a JV <div style="border: 1px solid black; padding: 5px;"> Lake County Meet @ HOME D. Warmup@ 8:00a Sw. Warmup@ 12:00p </div>
25	26 5:45-7:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	27 3:30-6:00p Var/JV 3:30-6:00 Dive	28 7:15-9:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	29 3:30-6:00p Var/JV 3:30-6:00 Dive	30 5:45-7:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	

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October 2011

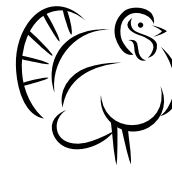
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">Please bring dryland equipment to every afternoon practice!</div>						1 6:00-8:00a JV <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Evanston Invite @ Evanston Township High School Sw. Bus @10:45a </div>
2	3 5:45-7:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	4 Vernon Hills Dual @ HOME Warmup: 3:30p	5 5:45-7:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	6 3:30-6:00p Var/JV 3:30-6:00 Dive	7 5:45-7:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	8 6:00-8:00a JV <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> College Events Invite @ SCE D. Bus leaves: 6:00a Sw. Bus leaves: 9:45a </div>
9	10 7:00-10:00a Var/JV <u>Columbus Day</u>	11 3:30-6:00p Var/JV 3:30-6:00 Dive	12 7:15-9:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	13 Stevenson Dual @ HOME Warmup: 3:30p	14 5:45-7:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	15 6:00-8:00a JV <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Trevian Relays @ NTHS Sw. Bus leaves: 11:15a </div> <div style="border: 1px solid black; padding: 5px;"> Evanston Invite @ ETHS D. Bus leaves: 8:00a </div>
16	17 5:45-7:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	18 3:30-6:00p Var/JV 3:30-6:00 Dive	19 5:45-7:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	20 Mundelein Dual @ HOME Warmup: 3:30p Parent Relays after meet!	21 5:45-7:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	22 6:00-8:00a Var /JV Senior Night Dinner!
23/30	24/31 5:45-7:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	25 3:30-6:00p Var/JV 3:30-6:00 Dive	26 7:15-9:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive	27 3:30-6:00p Var/JV 3:30-6:00 Dive	28 5:45-7:15a Var 3:30-6:00p Var/JV 3:30-6:00 Dive <small>Conference dinner after practice.</small>	29 6:00-8:00a Var /JV <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Prairie Lake Invite Swimming & Diving @SHS D. Bus leaves: 7:00a Sw. Bus leaves: 11:00a </div>

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November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 3:30-6:00p Swim/Dive	2 5:45-7:15a Var 3:30-6:00p Swim/Dive	3 3:30-6:00p Swim/Dive	4 5:45-7:15a Var 3:30-6:00p Swim/Dive	5 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> NSC Var. Swimming & Diving @SHS D. Bus leaves: 7:00a Sw. Bus leaves: 11:00a </div>
6	7 3:30-6:00p Sect.	8 3:30-6:00p Sect. Ted Mullin Hour of Power	9 3:30-6:00p Sect.	10 3:30-6:00p Sect.	11 3:30-6:00p Sect. Championship Dinner after practice.	12 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> Sectionals D. Warmup: 8:00a Sw. Warmup: 12:00p </div>
13	14 3:30-6:00p State	15 3:30-6:00p State	16 3:30-6:00p State Pre-State Dinner after practice.	17 3:30-6:00p State	18	19 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> State! @NTHS </div> Post-State Dinner after meet.
20	21	22	23	24	25	26
27	28	29	30	Dec. 1	Dec. 2 Team Banquet!	

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