









All practices are held at Northglenn High School Pool – unless otherwise noted. Dry land practices will be held on Fridays in the MR Gym/weight room. Bring appropriate workout clothes and running shoes. Swimmers must provide their own transportation to and from practice. Home meets (any meet at NG, even if we do not host) – transportation will be provided from MR to NG, but not back to MR after the meet. Away meets (not at NG) – transportation to the meet and back to MR. Parents, please pick up your athletes ON TIME. Swimmers are expected to attend Thanksgiving and Winter Break practices if they are in town.

### NOVEMBER & DECEMBER

<b>November &amp; December</b>		17 ★ 7-9 pm Suit Fitting	18 330-530	19  5-630 AM	20 Dry land@ MR 315-415 Make T-Shirts	21 7-9 AM Canned Food Drive
22	23 330-530	24 ★ 7-9 pm	25 <b>No School</b> 7-9 AM	26 <b>No School</b> Thanksgiving Break <b>No Practice</b>	27 <b>No School</b> Thanksgiving Break <b>No Practice</b>	28 <b>Thanksgiving Break</b> <b>Elvis Turkey Burn</b> 7-9 AM
29	30 330-530	<b>December</b> 1★ 7-9 pm	2 ★ 7-8:30 pm	3  5-630 AM	4 Dry land@ MR 315-415	5 <b>League Relays at NG</b> 7 W/U 9 Start \$
6	7 <b>MR @ Brighton</b> 4 pm \$	8 <b>MR @ Rky Mtn at EPIC</b> 4 pm	9 330-530	10  5-630 AM	11 Dry land@ MR 315-415	12 <b>DU Invitational</b> 10 Bus 11 w/u 12 Start \$
13	14 <b>Iceberg Invitational @ NG</b> 4 pm	15 ★ 7-9 pm	16 <b>Poudre @ MR</b> 4 pm	17  5-630 AM	18 <b>No Practice</b> <i>Inviters Only</i> 330-5 at pool	19 <b>Coaches' Invite @ Mt. View</b> <b>Qualifiers ONLY \$</b>
20	21 8-10 "Optional"	22 8-10 "Optional"	23 8-10 "Optional"	24 Break	25 Break	26 Break
27	28 Break	29 Break	30 Break	31 Break		

## JANUARY

January					1 Break	2 Break
3	4 <b>No School</b> In-Service 330-530	5 ★ 7-9 pm	6 330-530	7  5-630 AM	8 <b>NG @ MR</b> 4 pm	9 No Practice
10	11 330-530	12 ★ 7-9 pm	13 330-530	14  5-630 AM	15 Dry land@ MR 315-415	16 <b>MR @</b> <b>Horizon</b> 8 w/u 9 am start
17	18 <b>MLK</b> No School 11-1 <i>Lunch Buffet</i> <i>Potluck</i>	19 <b>Cherokee Tr</b> <b>@ MR 4 pm</b>	20 7-830 pm	21  5-630 AM	22 <b>Northridge @</b> <b>MR 4 pm</b> <b>Cinzetti's</b> <b>After!</b>	23 7-9 AM
24	25 330-530	26 ★ 7-9 pm	27 ★ 7-8:30 pm	28  5-630 AM	29 Dry land@ MR 315-415	30 No Practice

## FEBRUARY

31	<b>February 1</b> 330-530 Taper Week	2 ★ 7-8 pm	3 330-5	4 330-4:30 at pool	5 <b>In Service</b> <b>No School</b> <b>Prelims</b> <b>Leagues</b> 2-9 @ Mt. View \$	6 <b>Finals</b> <b>Leagues</b> 9-2 @ Mt. View \$
7	8	9	10	11	12 <b>State @ EPIC</b> \$	13 <b>State @ EPIC</b> \$

Swimmers are allowed a maximum of 11 Meets plus Leagues and State



Night Practice



Early Morning Practice



Spectators may pay