

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 No School	2 No School	3 No School	4 No School	5
6	7 No School	8 Try outs 3:00-4:30pm	9 Try outs 3:00-4:30pm	10 Try outs 3:00-4:30pm	11 No practice	12 No practice
13	14 3:00-5:15pm	15 6:00-7:15 am (varsity) 3:00-5:15pm	16 3:00-5:15pm	17 6:00-7:15 am (varsity) 3:00-5:15pm	18 3:00-5:15pm	19 8:00-10:30am (varsity)
20	21 No School No Practice	22 6:00-7:15 am (varsity) 3:00-5:15pm	23 3:00-5:15pm	24 6:00-7:15 am (varsity) 3:00-5:15pm	25 3:00-5:15pm	26 8:00-10:30am (varsity)
27	28 3:00-5:15pm	29 *6:00-7:15 am (varsity) 3:00-5:15pm	30 3:00-5:15pm	31 6:00-7:15 am (varsity) 3:00-5:15pm	Feb 1 3:00-5:15pm	Feb 2 Cardinal v Gold Meet

Notes: There are 26 available morning practices. In order to get Varsity letter, swimmers must attend at least 12. Get ahead early. Club swimmers can continue with club practices until their SCY championship meet (Sectionals or Juanita). Then club swimmers will attend CW practices once a week determined by coaches.

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 3:00-5:15pm	5 6:00-7:15 am (varsity) 3:00-5:15pm	6 3:00-5:15pm	7 6:00-7:15 am (varsity) 3:00-5:15pm	8 3:00-5:15pm	9 8:00-10:30am (varsity) Super league (CSC)
10	11 No School 3-5:15pm	12 6:00-7:15 am (varsity) 3:00-5:15pm	13 Away Meet CW @ Bullard 3:00	14 6:00-7:15 am (varsity) 3:00-5:15pm	15 3:00-5:15pm	16 8:00-10:30am (varsity)
17	18 No School 3-5:15pm	19 6:00-7:15 am (varsity) 3:00-5:15pm	20 3:00-5:15pm	21 6:00-7:15 am (varsity) 3:00-5:15pm	22 Home Meet CW vs KHS 3:00	23 8:00-10:30am (varsity)
24	25 3-5:15pm	26 6:00-7:15 am (varsity) 3:00-5:15pm	27 3:00-5:15pm	28 6:00-7:15 am (varsity) 3:00-5:15pm Sectionals	Mar 1 3:00-5:15pm Sectionals	Mar 2 8:00-10:30am (varsity) Sectionals

Notes: Parents are needed to help with timing at all home meets. No experience is needed.

Elite and senior club swimmers stay with club practices until after their championship SCY meet (Juanita Allington or Sectionals).

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 3:00-5:15pm	5 6:00-7:15 am (varsity) 3:00-5:15pm	6 3:00-5:15pm	7 6:00-7:15 am (varsity) 3:00-5:15pm	8 3:00-5:15pm	9 8:00-10:30am (varsity)
10 Club kids are back with HS on Wednesdays	11 3:00-5:15pm	12 6:00-7:15 am (varsity) 3:00-5:15pm	13 Central @ CW 3:30pm	14 6:00-7:15 am (varsity) 3:00-5:15pm	15 Winterfest leaves in AM. 3:00-5:15pm	16 Winterfest No practice for rest of team
17	18 6:00-7:15 am (varsity) 3:00-5:15pm	19 3:00-5:15pm	20 3:00-5:15pm	21 6:00-7:15 am (varsity) 3:00-5:15pm	22 BHS @ CW	23 CW Invite Diving 8:30am Varsity Swim 8-10:30am
24	25 6:00-7:15 am (varsity) 3:00-5:15pm	26 3:00-5:15pm	27 CW @ CE 3:30	28 6:00-7:15 am (varsity) 3:00-5:15pm	29 CW Invite JV 500s	30 CW invite Warm up 6:30am 8:30am-4:00pm

Notes: Winterfest will be at Mt. San Antonio JC (Mt. SAC). Varsity travel team will consist of up to top 4-6 swimmers in each event to make the optimal lineup. Coaches make the final decision on travel team. Any swimmers not attending invite will attend regular schedule that Friday.

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 6:00-7:15 am (varsity) 3:00-5:15pm	2 3:00-5:15pm	3 3:00-5:15pm	4 6:00-7:15 am (varsity) 3:00-5:15pm	5 CW @ CN 3:30	6 CIAL Champs 9:30am-12:30pm All CW swimmers help
7	8 6:00-7:15 am (varsity) 3:00-5:15pm	9 CHS @ CW Senior day** 3:30	10 3:00-5:15pm	11 6:00-7:15 am (varsity) 3:00-5:15pm	12 Meet of Champions @ Mt. SAC (varsity)	13 Meet of Champions @ Mt. SAC (varsity)
14 *Disneyland Spring break week	15 1:00-3:30 pm	16 8:00-10:30 am	17 8:00-10:30 am	18 8:00-10:30 am	19 8:00-10:30 am	20 No Practice
21 Easter	22 No school 3:00-5:00pm	23 3:00-5:00pm	24 TRAC Diving Swim: 3:00- 4:30pm	25 TRAC Varsity Prelims	26 TRAC JV Finals	27 TRAC Varsity Finals
28	29 3:00-4:30pm	30 3:00-4:30pm				

*Disneyland is for athletes that have at least 1 Automatic CIF Section cut and have 12 morning practices. Also, 4 year seniors that have met practice requirements.

** Senior day presentations will be after the 50 Free during the normal break (Parents should plan to be there at 4:00 pm).

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CIF Central Section Diving @CW	2 CIF Central Section Diving @CW	3 CIF Central Section Swim Prelims @CW 1:00pm	4 CIF Central Section Swim Finals @CW 10:30am
5	6 3:00-4:30pm	7 3:00-4:00pm	8 3:00-4:00pm	9 3:00-4:00pm	10 CIF State Prelims @CW	11 CIF State Finals @CW
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Banquet date and time will be announced once finalized.