

## Clovis West Swim & Dive 2023 Season Calendar

JANUARY 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16  M L King Day	17  1 <sup>st</sup> Practice@Kastner 3:45-5:00pm 50 Free day	18  Practice @ Kastner 3:45-5:00pm 50 Back day	19  Practice @ Kastner 3:45-5:00pm 50 Breast day	20  Practice @ Kastner 3:45-5:00pm 50 Fly day	21  No Swim or Dive Practice
22	23  Practice @ Kastner PM 3:45-5:45 pm  Dive Practice at Kastner 4:00-5:30pm	24  Practice@Kastner 3:45-5:45 pm  Dive Practice at Kastner 4:00-5:30pm	25  Practice @ Kastner 3:45-5:45 pm  Dive Practice at Kastner 4:00-5:30pm	26  Practice @ Kastner 3:45-5:45 pm  No Dive Practice	27  Gold & Cardinal Meet @ Kastner 3:45pm	28  No Swim or Dive Practice
29	30  Swim Practice at CN 6-8 AM Dive Practice at Kastner 4:00-5:30pm	31  Practice at CN 6-8 AM Dive Practice at Kastner 4:00-5:30pm	Feb 1  Practice at CN 6-8 AM Dive Practice at Kastner 4:00-5:30pm	Feb 2  Practice at CN 6-8 AM No Dive Practice	Feb 3  Practice at CN 6-8 AM  Dive Practice at Kastner 4:00-5:30pm	Feb 4  Varsity Swim Practice Sprint Circuit @ Alta 8:00-10:30am No Dive Practice

### February

5	6  Swim Practice at CN 6-8 AM  Dive Practice at Kastner 4:00-5:30pm	7  Swim Practice at CN 6-8 AM  Dive Practice at Kastner 4:00-5:30pm	8  Scrimmage Clovis West VS Bullard Away 3:00	9  Practice at CN 6-8 AM  No Dive Practice	10  Swim Practice at CN 6-8 AM  Dive Practice at Kastner 4:00-5:30pm	11  Varsity Swim Practice Sprint Circuit @ Alta 8:00-10:30am  No Dive Practice
12	13  No school  Practice at Kastner 8-10 AM	14  Swim Practice at CN 6-8 AM  Dive Practice at Kastner 4:00-5:30pm	15  Swim Practice at CN 6-8 AM  Dive Practice at Kastner 4:00-5:30pm	16  Practice at CN 6-8 AM  No Dive Practice	17  Swim Practice at CN 6-8 AM  Dive Practice at Kastner 4:00-5:30pm	18  Varsity Swim Practice Sprint Circuit @ Alta 8:00-10:30am  No Dive Practice