

# DGN Men's Swim and Dive

## SWIMMING

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## DIVING

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## TWITER

[@DGN\\_SwimDive](https://twitter.com/DGN_SwimDive)

# November 2018

| Sun | Mon  | Tue   | Wed  | Thu   | Fri   | Sat   |
|-----|--|---|--|---|---|---|
|     |  |   |  | 1   | 2   | 3   |
| 4   | 5  | 6   | 7  | 8   | 9   | 10  |
| 11  | 12   | 13  | 14   | 15  | 16  | 17  |
| 18  | 19 - <i>1st day of season</i><br>All: 3:30-6pm<br><i>Water</i><br><b><u>Diving 3:30-5:00</u></b>                               | 20<br>All: 3:30-6pm Water<br><b>Parents Meeting:<br/>6:15pm in café</b><br><b><u>Diving 6:30-7:30</u></b> | 21— <i>No School</i><br>*All: 8-10am<br>Water<br><b><u>Diving: 9-11</u></b>          | 22— <i>No School</i><br><b>No Practice</b>  | 23— <i>No School</i><br><b>No Practice</b>  | 24<br>All: 7-10am<br><i>Water/Dryland</i><br><br><b><i>Team Breakfast 10-12pm</i></b> |
| 25  | 26<br>All: 3:30—6pm<br><i>Water/Weights</i><br><b><i>Orders DUE online<br/>by noon!!</i></b><br><b><u>Diving 3:30-5:00</u></b> | 27 -<br>All: 6-7:15am <i>Weights</i><br>3:30-6pm Water<br><br><b><u>Diving: 6:30-7:30<br/>am</u></b>      | 28-<br>All: 3:30-6pm <i>Water/<br/>Dryland</i><br><br><b><u>Diving 3:30-5:00</u></b> | 29<br>All: 6-7:15am <i>Weights</i><br>3:30-6pm Water<br><br><b><u>Diving 3:30 -5:00</u></b> | 30<br>All: 6-7:15am <i>Weights</i><br>All: 3:30-6pm <i>Water</i><br><br><b><u>Diving: 3:30-5:00</u></b> |   |

# December 2018

| Sun | Mon   | Tue  | Wed  | Thu  | Fri  | Sat  |
|-----|---|--|--|--|--|--|
|     |   |  |  |  |  | 1<br>All: 8-10am water/<br>dryland                                       |
| 2   | 3<br>All: 3:30-6pm water/<br>weights<br><br>Diving 3:30-5:00  | 4<br>All: 6-7:15am Waater<br>All: 3:30-6pm Water<br><br>Diving: 6:30-7:30 am   | 5<br>All: 3:30-6pm water/<br>Weights<br><br>Diving 3:30-5:00     | 6 - Pasta Party<br>All:6-7:15am weights<br>All: 3:30-6pm water<br>Diving 3:30-5:00   | 7 - HC (H) @5pm<br>All:6-7:15am Water  | 8<br><b>Rolling Meadow Invite<br/>(@ Elk Grove high<br/>School 10am)</b> |
| 9   | 10<br>All: 3:30-6pm water/<br>weights<br><br>Diving 3:30-5:00 | 11<br>All: 6-7:15am Weights<br>All:3:30-6pm Water<br><br>Diving: 6:30-7:30 am  | 12<br>All: 3:30-6pm water/<br>Wirghts<br><br>Diving 3:30-5:00    | 13—D) Home v OPRF<br>5pm<br>All: 6-7:15am weights<br>All: 3:30-6pm water/<br>weights | 14- (S) @ OPRF 5pm,<br>All:6-7:15am Water<br><br>Diving @DGS                 | 15 - DGS Invite<br>10am  |
| 16  | 17<br>All: 3:30-6pm water/<br>weights<br><br>Diving 3:30-5:00 | 18<br>All: 6-7:15am Weights<br>All: 3:30-6pm Water<br><br>Diving: 6:30-7:30 am | 19 - Finals 1, 2, 4<br>All: 1:30-4pm water<br><br>Diving: 1:30-3 | 20- Finals 7, 8, 6<br>All: 1:30-4pm water/<br>Weights<br><br>Diving: 1:30-3          | 21 - Finals 3, 5, MU<br>All: 1:00 - 3:30pm<br>Water<br><br>Diving: 1:00-3:00 | 22<br>All: 8-11am Water/<br>Dryland                                      |
| 23  | 24 No School<br>All: 7am-11am<br><br>Diving: 9-11             | 25- No School<br>No Practice   | 26 - No School<br>No Practice                                    | 27 - No School<br><br>DGS (A) @10am  | 28- No School<br>All: 7am-11am<br><br>Diving: 9-11 am                        | 29 -<br>All: 7am-11am<br>Diving 9-11<br><br><b>Team Breakfast</b>        |
| 30  | 31<br>All: 7am-11am<br><br>Diving TBA                         |  |  |  |  |  |

# January 2019

| Sun | Mon   | Tue  | Wed  | Thu   | Fri   | Sat  |
|-----|---|--|--|---|---|--|
|     |   | 1 - <i>No School</i><br>No Practice  | 2 - <i>No School</i><br>No Practice                                  | 3 - <i>No School</i><br>All: 7am-11am<br>Diving TBA   | 4 -<br>All: 8-10 am water<br>York (H) @ 12pm  | 5 -<br><i>York F/S Invite (A)</i><br>@9am          |
| 6   | 7<br>All: 3:30-6pm water/<br>weights<br><br>Diving 3:30-5:00                                  | 8<br>All: 6-7:15am <i>Weights</i><br>All: 3:30-6pm <i>Water</i><br><br>Diving: 6:30-7:30 am  | 9<br>All: 3:30-6pm water/<br><i>Weights</i><br><br>Diving 3:30-5:00  | 10<br>All:6-7:15am <i>weights</i><br>All: 3:30-6pm <i>water</i><br><br>Diving 3:30-5:00           | 11 - LT (A) @5pm<br><br>All: 6-7:15am <i>Water</i>  | 12 - HC Dive Invite<br>@ 8:30am<br><br>No Practice |
| 13  | 14 No School<br><br>All: 9-11:30am water/<br>weights  | 15<br>All: 6-7:15am <i>Weights</i><br>All: 3:30-6pm <i>Water</i><br><br>Diving: 6:30-7:30 am | 16<br>All: 3:30-6pm <i>water</i><br><br>Diving 3:30-5:00             | 17—GW (H) @5pm<br><b>Senior Night!</b><br><br>All:6-7:15am <i>weights</i><br><br>Diving 3:30-5:00 | 18 - Trojan Invite<br>(Dive) @ 5pm<br><br>All: 6-7:15am <i>Water</i><br><br>All: 3:30-6pm <i>Water/</i><br><i>weights</i> | 19 - Trojan Invite<br>Swim @ 10am                  |
| 20  | 21<br>All: 3:30-6pm water/<br>weights<br><br>Diving 3:30-5:00                                 | 22<br>All: 6-7:15am <i>Weights</i><br>All: 3:30-6pm <i>Water</i><br><br>Diving: 6:30-7:30 am | 23<br>All: 3:30-6pm water/<br><i>Weights</i><br><br>Diving 3:30-5:00 | 24<br>All:6-7:15am <i>weights</i><br>All: 3:30-6pm <i>water</i><br><br>Diving 3:30-5:00           | 25 -<br><br>All: 6-7:15am <i>Water</i><br><br>Diving 3:30-5:00  | 26—Conant Invite<br><br>Dive: @ 9am<br>Swim: @1pm  |
| 27  | 28<br>All: 3:30-6pm water/<br>weights<br>Diving 3:30-5:00<br><br><i>Begin Sectional Taper</i> | 29<br>All: 3:30-6pm <i>Weights/</i><br><i>weights</i><br><br>Diving: 6:30-7:30 am            | 30<br>All: 3:30-6pm <i>water</i><br><br>Diving 3:30-5:00             | 31<br>All: 3:30-6pm<br><i>water/Weights</i><br><br>Diving 3:30-5:00                               |   |  |

# February 2019

| Sun | Mon  | Tue  | Wed   | Thu   | Fri   | Sat  |
|-----|--|--|---|---|---|--|
|     |  |  |   |   | 1- WSC Diving (H)<br>@ 5pm<br><br>All: 3:30-6pm Water/<br>weights | 2—WSC Swim (H)<br>@10 am<br><br>Wake Up Swim:<br>8am—9am                                 |
| 3   | 4<br>All: 3:30-6pm water<br>Diving 3:30-5:00<br><br>(Sectionals Only)  | 5<br>All: 3:30-6pm Water<br>Diving: 6:30-7:30 am     | 6<br>All: 3:30-6pm water<br>Diving 3:30-5:00  | 7<br>All: 3:30-6pm water<br>Diving 3:30-5:00                              | 8<br>All: 3:30-6pm Water/<br>weights<br>Diving 3:30-5:00          | 9<br>All: 9-11am   |
| 10  | 11<br>All: 3:30-6pm water<br>Diving 3:30-5:00<br><br>(Sectionals Only) | 12<br>All: 3:30-6pm Water<br>Diving: 6:30-7:30 am    | 13<br>All: 3:30-6pm water<br>Diving 3:30-5:00 | 14<br>All: 3:30-6pm water<br>Diving 3:30-5:00                             | 15<br>All: 3:30-6pm Water<br>Diving 3:30-5:00<br><br>Pasta Party  | 16 -<br>Wake Up Swim: 8am-<br>9am<br>Sectionals (York)<br>Diving @ 9am<br>Swimming @ 1pm |
| 17  | 18 No School<br>All: 9-11am water                                      | 19<br>All: 3:30-6pm Water<br>Diving: 6:30-7:30<br>am | 20<br>All: 3:30-6pm water<br>Diving 3:30-5:00 | 21<br>All:6-7:15am weights<br><br>All: 3:30-6pm water<br>Diving 7-9 pm@NT | 22 - IHSA State Pre-<br>lims 3:30<br><br>9am Wake Up Swim         | 23 - IHSA State Finals<br>1pm  |
| 24  | 25   | 26   | 27  | 28  |   |  |

# March 2019

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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     |     |     |     | 1   | 2   |
| 3   | 4   | 5   | 6   | 7   | 8   | 9   |
| 10  | 11  | 12  | 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  | 21  | 22  | 23  |
| 24  | 25  | 26  | 27  | 28  | 29  | 30  |

