

# AUGUST 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8 <b>1st day of Practice</b> 2PM-5PM	9 <b>Practice</b> 2PM-5PM	10 <b>Practice</b> 2PM-5PM	11 <b>Practice</b> 8-11AM
12	13 <b>Practice</b> 2PM-5PM	14 <b>Practice</b> 2PM-5PM	15 <b>1st Day of School</b> 3:20-5:30PM	16 <b>Practice</b> 3:20-5:30PM	17 <b>Practice</b> 3:20-5:30PM	18 <b>Practice</b> 8-11AM
19	20 <b>Med-Ball Morning</b> 5:45-7AM <b>Practice</b> 3:20-5:30PM	21 <b>Tighten-Up Morning</b> 5:45-7AM <b>Practice</b> 3:20-5:30PM	22 <b>Practice</b> 3:20-5:30PM	23 <b>Namaste Morning</b> 5:45-7AM <b>Practice</b> 3:20-5:30PM	24 <b>Practice</b> 3:20-5:30PM	25 <b>1st Dual Meet</b> @ Hoffman Estates
26	27 <b>Med-Ball Morning</b> 5:45-7AM <b>Practice</b> 3:20-5:30PM	28 <b>Tighten-Up Morning</b> 5:45-7AM <b>vs. West Chicago</b>	29 <b>Practice</b> 3:20-5:30PM	30 <b>Namaste Morning</b> 5:45-7AM <b>Practice</b> 3:20-5:30PM	31 <b>Practice</b> 3:20-5:30PM	1 <b>Practice</b> 8-11AM

# September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 <b>Labor Day 8-11AM</b>	4 <b>Tighten-Up Morning 5:45-7AM Triangular @York</b>	5 <b>Practice 3:20-5:30PM</b>	6 <b>Namaste Morning 5:45-7AM Practice 3:20-5:30PM</b>	7 <b>Lyons Invite (Diving) Practice 3:20-5:30PM</b>	8 <b>Lyons Relay Invite @ Lyons</b>
9	10 <b>Med-Ball Morning 5:45-7AM Practice 3:20-5:30PM</b>	11 <b>Morning Practice 5:45-7AM Team BBQ</b>	12 <b>Practice 3:20-5:30PM</b>	13 <b>Namaste Morning 5:45-7AM vs. OPRF</b>	14 <b>Practice 3:20-5:30PM</b>	15 <b>DGS Frosh Invite @DGS</b>
16	17 <b>Med-Ball Morning 5:45-7AM Practice 3:20-5:30PM</b>	18 <b>Tighten-Up Morning 5:45-7AM Practice 3:20-5:30PM</b>	19 <b>Practice 3:20-5:30PM</b>	20 <b>Namaste Morning 5:45-7AM @ Lyons</b>	21 <b>Practice 3:20-5:30PM</b>	22 <b>York Invite</b>
23	24 <b>Med-Ball Morning 5:45-7AM Practice 3:20-5:30PM</b>	25 <b>Tighten-Up Morning 5:45-7AM Practice 3:20-5:30PM</b>	26 <b>Morning Practice 5:45-7AM Hallway Dec. Day</b>	27 <b>Namaste Morning 5:45-7AM @ DGN</b>	28 <b>DGS Invite (Diving) Practice 3:20-5:30PM</b>	29 <b>DGS Invite (V) @ Downers Grove South</b>

# OCTOBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>Med-Ball Morning</b> 5:45-7AM <b>Practice</b> 3:20-5:30PM	2 <b>Tighten-Up Morning</b> 5:45-7AM <b>Practice</b> 3:20-5:30PM	3 <b>Practice</b> 3:20-5:30PM	4 <b>PTC</b> (No School) <b>vs. Glenbard Co-Op</b>	5 <b>Institute Day</b> (No School) <b>Practice</b> 3:20-5:30	6 <b>Barrington Invite</b> (V)
7	8 <b>Columbus Day</b> (No School) <b>Practice</b> 8-11AM	9 <b>Tighten-Up Morning</b> 5:45-7AM <b>Practice</b> 3:20-5:30PM	10 <b>Practice</b> 3:20-5:30PM	11 <b>Namaste Morning</b> 5:45-7AM <b>vs. Hinsdale Central</b>	12 <b>Practice</b> 3:20-5:30PM	13 <b>Maine South Relays</b> (V)
14	15 <b>Med-Ball Morning</b> 5:45-7AM <b>Practice</b> 3:20-5:30PM	16 <b>Tighten-Up Morning</b> 5:45-7AM <b>Practice</b> 3:20-5:30PM	17 <b>Practice</b> 3:20-5:30PM	18 <b>Namaste Morning</b> 5:45-7AM <b>Practice</b> 3:20-5:30PM	19 <b>Practice</b> 3:20-5:30PM	20 <b>Practice</b> 8-11:00AM
21	22 <b>Med-Ball Morning</b> 5:45-7AM <b>Practice</b> 3:20-5:30PM	23 <b>Tighten-Up Morning</b> 5:45-7AM <b>Practice</b> 3:20-5:30PM	24 <b>Practice</b> 3:20-5:30PM	25 <b>Namaste Morning</b> 5:45-7AM <b>Practice</b> 3:20-5:30PM	26 <b>WSC Championship</b> (Diving)	27 <b>WSC Championship</b> (Swimming)
28	29 <b>Med-Ball Morning</b> 5:45-7AM <b>Practice</b>	30 <b>Tighten-Up Morning</b> 5:45-7AM <b>Practice</b>	31 <b>Practice</b> 3:20-5:30PM			

# NOVEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <b>Practice</b> 3:20-5:30PM	2 <b>Practice</b> 3:20-5:30PM	3 <b>Practice</b> 8-11:00AM
4	5 <b>Practice</b> 3:20-5:30PM	6 <b>Practice</b> 3:20-5:30PM	7 <b>Practice</b> 3:20-5:30PM	8 <b>Practice</b> 3:20-5:30PM	9 <b>Practice</b> 3:20-5:30PM	10 <b>Sectionals</b> <b>@TBA</b>
11	12 <b>Practice</b> 3:20-5:30PM	13 <b>Practice</b> 3:20-5:30PM	14 <b>Practice</b> 3:20-5:30PM	15 <b>Practice</b> 3:20-5:30PM	16 <b>State</b> <b>@Evanston</b>	17 <b>State</b> <b>@Evanston</b>