



# November 2023

| SUNDAY  | MONDAY               | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY |
|---|----------------------|--|---|--|---|----------|
| At all sign up meetings, the team swimsuit will be available for anyone to try on for proper sizing |                      |  | 1 Special Mass 7  | 2 Regular 3  | 3 Meeting 7                                   | 4        |
| 5   | 6 Regular 2          | 7 Regular 6  | 8 Meeting 3<br>7:30 am National Signing Day                   | 9 Regular 6  | 10 NO SCHOOL<br>Faculty/Staff Development Day | 11       |
| 12  | 13 Meeting 3         | 14 Assembly 6  | 15 All Periods Day 2  | 16 Meeting 2   | 17 Minimum 5                                  | 18       |
| 19  | 20 NO SCHOOL         | 21 NO SCHOOL   | 22 NO SCHOOL  | 23 NO SCHOOL<br>Thanksgiving                               | 24 NO SCHOOL                                  | 25       |
| 26  | 27 All Periods Day 7 | 28 Regular 7<br><br>2 pm Sign up Meeting (SMCHS Pool Deck) | 29 Meeting 4<br><br>1:45 pm Sign up Meeting (SMCHS Pool Deck) | 30 Regular 7<br><br>2 pm Sign up Meeting (SMCHS Pool Deck) |   |          |



# December 2023

| SUNDAY  | MONDAY                    | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY               | SATURDAY |
|---|---------------------------|---|--|---|----------------------|----------|
| At all sign up meetings, the team swimsuit will be available for anyone to try on for proper sizing |                           |   |  |   | 1 Special 4          | 2        |
| 3   | 4 All Periods Day 6       | 5 Regular 6<br><br>2 pm Sign up Meeting (SMCHS Pool Deck) | 6 Meeting 3<br><br>1:45 pm Sign up Meeting (SMCHS Pool Deck) | 7 Regular 6<br><br>2 pm Sign up Meeting (SMCHS Pool Deck) | 8 Mass 3             | 9        |
| 10  | 11 Regular 5              | 12 Meeting 2  | 13 Regular 5   | 14 Meeting 2  | 15 All Periods Day 5 | 16       |
| 17  | 18 Semester Exams (4, 5)  | 19 Semester Exams (6, 7)                                  | 20 Semester Exams (1, 2)                                     | 21 Semester Exam (3)                                      | 22 NO SCHOOL         | 23       |
| 24<br><br>-----<br>31   | 25 NO SCHOOL<br>Christmas | 26 NO SCHOOL  | 27 NO SCHOOL   | 28 NO SCHOOL  | 29 NO SCHOOL         | 30       |



# January 2024

| SUNDAY | MONDAY                        | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY             | SATURDAY   |
|--------|-------------------------------|--|--|---|--------------------|--|
|        | 1 NO SCHOOL<br>New Year's Day | 2 NO SCHOOL  | 3 NO SCHOOL  | 4 NO SCHOOL   | 5 NO SCHOOL        | 6  |
| 7      | 8 All Periods Day 3           | 9 Regular 3<br><br>2 pm Sign Up Meeting<br>(SMCHS Pool Deck) | 10 Meeting 7<br><br>1:45 pm Sign Up Meeting<br>(SMCHS Pool Deck)<br>7 pm Parent Info Night<br>@ (Science Lecture Hall) | 11 Regular 3  | 12 Minimum 7       | 13   |
| 14     | 15 NO SCHOOL<br>MLK Day       | 16 Regular 2   | 17 Special 6   | 18 Regular 2  | 19 Special Rally 6 | 20   |
| 21     | 22 All Periods Day 1          | 23 Regular 1   | 24 Meeting 5   | 25 Meeting 1<br>8 am Athletic Leadership<br>Council Meeting | 26 Regular 4       | 27   |
| 28     | 29 All Periods Day 7          | 30 Regular 7   | 31 Mass 4  |   |                    | At all sign up meetings,<br>the team swimsuit will be<br>available for anyone to<br>try on for proper sizing |



# February 2024

| SUNDAY                                     | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|--|--|--|--|--|--|---|
| Items in bold are swimming or diving meets | February 5 is the 1 <sup>st</sup> mandatory practice for all newcomers (optional for returning swimmers) | February 12 is the 1 <sup>st</sup> mandatory practice for all swimmers |  | 1 Regular 7  | 2 Meeting 4                                      | 3   |
| 4  | 5 Meeting 6<br><br>3-5 pm Practice (Newcomers)*  | 6 Regular 2<br><br>3-5 pm Practice (Newcomers)*                        | 7 Regular 6<br><br>3-5 pm Practice (Newcomers)*  | 8 Special 3<br><br>3-5 pm Practice (Newcomers) *   | 9 NO SCHOOL<br><br>9-11 am Practice (Newcomers)* | 10  |
| 11   | 12 Regular 5<br><br>3-5 pm Practice (All)*   | 13 Regular 2<br>6:45-7:30 am Dryland<br><br>3-5 pm Practice (All)*     | 14 Mass 6<br><br>3-5 pm Practice (All)*  | 15 Special 2<br>7:15-8:00 am Dryland<br><br>3-5 pm Practice (All)*   | 16 NO SCHOOL<br><br>9-11 am Practice (All)*      | 17<br><b>1 pm Pentathlon @ SMCHS Pool</b>   |
| 18   | 19 NO SCHOOL<br>President's Day<br><br>9-11 am Practice (All)*   | 20 Regular 4<br>6:45-7:30 am Dryland<br><br>3-5 pm Practice (All)*     | 21 Meeting 1<br>8 am Athletic Leadership Council Meeting<br><br>3-5 pm Practice (All)*   | 22 Regular 4<br>6:45-7:30 am Dryland<br><br>2:30-4 pm Team Photos (All) @ SMCHS<br>4-5 pm Practice (All)*  | 23 Special Rally 1<br><br>2-4 pm Practice (All)* | 24<br><b>9 am Villa Park Relays (Girls) @ Villa Park HS</b><br><br><b>1 pm Villa Park Relays (Boys) @ Villa Park HS</b> |
| 25   | 26 Regular 3<br><br>3-4:30 pm Practice (All)<br>4:30-6 pm Team Retreat & Lunch (All)                     | 27 Minimum 7<br>6:45-7:30 am Dryland<br><br>1-3 pm Practice (All)      | 28 NO SCHOOL<br>Faculty/Staff Service Day<br><br><b>4 pm Capo Relays Prelims (Girls) @ Capo Valley HS</b><br><br>1-3 pm Practice (All those not in today's relays) | 29 Meeting 3<br>7:45-8:30 am Dryland<br><br><b>4 pm Capo Relays Prelims (Boys) @ Capo Valley HS</b><br><br>3-5 pm Practice (All those not in today's relays) |  | Days with (*) mean practice could be moved to a different time depending on the girls' water polo season                |



# March 2024

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|--|--|--|--|---|---|--|
| <p><b>Items in bold are swimming or diving meets</b></p> |  |  |  |   | 1 Regular 6<br><br><b>5 pm Capo Relays Finals (All) @ Capo Valley HS</b><br><br>3-5 pm Practice (All those not in today's relays)   | 2  |
| 3  | 4 Regular 2<br><br>3-5 pm Practice (All)                                       | 5 Meeting 6<br>7:45-8:30 am Dryland<br><br><b>3:15 pm vs. Woodbridge HS (All) @ SMCHS Pool</b> | 6 Regular 2<br><br>3-5 pm Practice (All)   | 7 Special 6<br>7:15-8:00 am Dryland<br><br><b>3 pm Foothill Swim Games Prelims (Boys Varsity &amp; JV) @ Foothill HS</b><br>3-5 pm Practice (All not in today's meet) | 8 All Periods Day 2<br><b>3 pm Foothill Swim Games Prelims (Girls Varsity &amp; JV) @ Foothill HS</b><br><br><b>3 pm SM Lower Level Invite Prelims (Open &amp; JV) @ SMCHS Pool</b> | 9<br><br><b>10 am SM Lower Level Invite Finals (Open &amp; JV) @ SMCHS Pool</b><br><br><b>3 pm Foothill Swim Games Finals (Varsity &amp; JV) @ Foothill HS</b> |
| 10   | 11 All Periods Day 1<br><br>3-5 pm Practice (All)                              | 12 Regular 1<br>6:45-7:30 am Dryland<br><br>3-5 pm Practice (All)                              | 13 Meeting 5<br><br>1:45-2:30 pm Campus Ministry Team Retreat<br><br>3-5 pm Practice (All) | 14 Rally 1<br>7:45-8:30 am Dryland<br><br><b>3:15 pm vs. St. John Bosco HS (All) @ SMCHS Pool</b>   | 15 Regular 4<br><b>9 am Mission Viejo Dive Invitational (Divers) @ MV Nadadores Pool</b><br><br>3-5 pm Practice (All)   | 16   |
| 17   | 18 All Periods Day 7<br><b>EAGLE GOLF CLASSIC</b><br><br>3-5 pm Practice (All) | 19 Regular 7<br>6:45-7:30 am Dryland<br><br><b>3 pm vs. Torrey Pines HS (All) @ SMCHS Pool</b> | 20 Meeting 4<br><br>3-5 pm Practice (All)  | 21 Special 7<br>7:15-8:00 am Dryland<br><br><b>3:15 pm vs. Orange Lutheran HS (All) @ SMCHS Pool (SENIOR DAY)</b>   | 22 Regular 3<br><br>3-5 pm Practice (All)   | 23   |
| 24   | 25 Regular 6<br><br><b>3:15 pm vs. JSerra HS (All) @ JSerra HS</b>             | 26 Regular 3<br>6:45-7:30 am Dryland<br><br>3-5 pm Practice (All)                              | 27 Meeting 7<br><br><b>2 pm vs. LoyolaMarlborough HS (All) @ USC</b>                       | 28 Minimum 3<br>6:45-7:30 am Dryland<br><br>1-3 pm Practice (All)   | 29 NO SCHOOL<br>Good Friday<br><br>NO PRACTICE  | 30   |
| 31<br>Easter   |  |  |  |   |   |  |



# April 2024

| SUNDAY | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|--------|---|--|--|---|---|--|
|        | 1 NO SCHOOL<br>9-11 am Practice (All)   | 2 NO SCHOOL<br>8-8:45 am Dryland<br>9-11 am Practice (All)   | 3 NO SCHOOL<br>9-11 am Practice (All)  | 4 NO SCHOOL<br>8-8:45 am Dryland<br>9-11 am Practice (All)  | 5 NO SCHOOL<br>9-11 am Practice (All)   | 6<br><b>10 am California Catholic Swim Invite @ SMCHS Pool (Varsity)</b>   |
| 7      | 8 All Periods Day 5<br><br>3-5 pm Practice (All)  | 9 Regular 5<br>6:45-7:30 am Dryland<br><br><b>3:15 pm vs. Servite/Rosary HS (All) @ Servite HS Pool</b>          | 10 Meeting 2<br><br>3-5 pm Practice (All)  | 11 Assembly 5<br>6:45-7:30 am Dryland<br><br>3-5 pm Practice (All)  | 12 Regular 1<br><br>3-5 pm Practice (All)                                     | 13<br><b>8:30 am Mt. Sac Meet of Champions (JV &amp; Open) @ Mt. Sac Pool</b><br><br><b>10 am SM Diving Invitational (Divers) @ SMCHS Pool</b> |
| 14     | 15 All Periods Day 4<br><br>3-5 pm Practice (All)   | 16 Regular 4<br>6:45-7:30 am Dryland<br><br>3-5 pm Practice (All)  | 17 Meeting 1<br><br>3-5 pm Practice (All)  | 18 Regular 4<br><br><b>3:15 pm vs. Mater Dei HS (All) @ Mater Dei HS Pool</b>                               | 19 Meeting 1<br><br>3-5 pm Practice (All)                                     | 20<br><b>10 am Trinity League Dive Finals (Divers) @ Crown Valley Pool</b>   |
| 21     | 22 All Periods Day 3<br><br>3-4:30 pm Practice (All)<br>4:30 pm Team Shave<br>Down Dinner (All) | 23 Regular 3<br>6:30-7:30 am Practice (Boys)<br><br><b>4 pm Trinity League Swim Prelims (Girls) @ SMCHS Pool</b> | 24 Special 7<br>6:30-7:30 am Practice (Girls)<br><br><b>4 pm Trinity League Swim Prelims (Boys) @ SMCHS Pool</b> | 25 Regular 3<br><b>8:00 am CIF Dive Finals (Divers) @ MV Nadadores Pool</b><br><br>3-4:30 pm Practice (All) | 26 Minimum 7<br><br><b>2 pm Trinity League Swim Finals (All) @ SMCHS Pool</b> | 27   |
| 28     | 29 NO SCHOOL<br><br>9-10:30 am Practice (CIF Team)  | 30 Regular 2<br><b>2:00 pm State Qualifying (Divers) @ Mt. Sac Pool</b><br><br>3-4:30 pm Practice (CIF Team)     |  |   |   | <b>Items in bold are swimming or diving meets</b>  |



# May 2024

| SUNDAY | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   |
|--------|--|--|---|---|---|--|
|        |  |  | 1 Meeting 6<br><br>3-4:30 pm Practice (CIF Team)                          | 2 Regular 2<br><br><b>9 am CIF Swim Prelims (CIF Team) @ Mt. Sac Pool</b>   | 3 Minimum 6<br><br>3-4:30 pm Practice (CIF Team)  | 4<br><br><b>12 pm CIF Swim Finals (CIF Team) @ Mt. Sac Pool</b>              |
| 5      | 6 All Periods Day 1<br><br>3-4:30 pm Practice (State Team) | 7 Regular 1<br><br>3-4:30 pm Practice (State Team) | 8 Mass 5<br><br>3-4:30 pm Practice (State Team)                           | 9 Regular 1<br><b>9:30 am State Champs (Girls Diving) @ Clovis West HS</b><br><b>2:30 pm State Champs (Boys Diving) @ Clovis West HS</b><br>2:30 pm Leave for State Champs (State Team) | 10 Meeting 5<br><br><b>1 pm State Champs Swim Prelims (State Team) @ Clovis West HS</b> | 11<br><b>10:30 am State Champs Swim Finals (State Team) @ Clovis West HS</b> |
| 12     | 13 All Periods Day 7                                       | 14 Regular 7                                       | 15 Meeting 4<br>7:30 am National Signing Day                              | 16 Regular 7  | 17 Meeting 4  | 18   |
| 19     | 20 All Periods Day 6                                       | 21 Regular 6<br>Senior Semester Exams (7, 1, 2)    | 22 Meeting 3<br>Senior Semester Exams (3, 4, 5)<br><br>5 pm Banquet (Gym) | 23 Special<br>Senior Semester Exam (6)<br>Semester Exam (6)<br><br>Prom   | 24 NO SCHOOL  | 25<br><b>10 am PAL Swim Championships @ SMCHS Pool</b>                       |
| 26     | 27 NO SCHOOL<br>Memorial Day                               | 28 Special<br>Semester Exams (7, 1)                | 29 Special<br>Semester Exams (2, 3)                                       | 30 Special<br>Semester Exams (4, 5)   | 31 NO SCHOOL<br>Graduation  | <b>Items in bold are swimming or diving meets</b>                            |



# June 2024

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|--|--|--|--|--|--|--|
|  |  |  |  |  |  | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10   | 11   | 12   | 13   | 14   | 15<br><b>U.S. Olympic<br/>Swimming Trials @<br/>Indianapolis, IN</b> |
| 16<br><b>U.S. Olympic<br/>Swimming Trials @<br/>Indianapolis, IN</b> | 17<br><b>U.S. Olympic<br/>Swimming Trials @<br/>Indianapolis, IN</b> | 18<br><b>U.S. Olympic<br/>Swimming Trials @<br/>Indianapolis, IN</b> | 19<br><b>U.S. Olympic<br/>Swimming Trials @<br/>Indianapolis, IN</b> | 20<br><b>U.S. Olympic<br/>Swimming Trials @<br/>Indianapolis, IN</b> | 21<br><b>U.S. Olympic<br/>Swimming Trials @<br/>Indianapolis, IN</b> | 22<br><b>U.S. Olympic<br/>Swimming Trials @<br/>Indianapolis, IN</b> |
| 23<br><br>-----<br>30  | 24   | 25   | 26   | 27   | 28   | 29   |





# July 2024

| SUNDAY | MONDAY                             | TUESDAY                            | WEDNESDAY                           | THURSDAY                            | FRIDAY | SATURDAY |
|--------|------------------------------------|------------------------------------|-------------------------------------|-------------------------------------|--------|----------|
|        | 1                                  | 2                                  | 3                                   | 4                                   | 5      | 6        |
| 7      | 8<br>1-3 pm Swim Technique<br>Camp | 9<br>1-3 pm Swim Technique<br>Camp | 10<br>1-3 pm Swim Technique<br>Camp | 11<br>1-3 pm Swim Technique<br>Camp | 12     | 13       |
| 14     | 15                                 | 16                                 | 17                                  | 18                                  | 19     | 20       |
| 21     | 22                                 | 23                                 | 24                                  | 25                                  | 26     | 27       |
| 28     | 29                                 | 30                                 | 31                                  |                                     |        |          |