



November 2024 – NHS Swimming Schedule

Updated 6Sept2024 – (Subject to Change)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>ALL Swimmers new to Competitive Swimming should attend the Swimming Clinic, starting Oct 28th →</p>	<p>Oct 28 Clinic&Practice BEGIN! CL 3:30-5:30 PR 3:30-5:30 DL (Team Suit Sizing)</p>	<p>Oct 29 Clinic&Practice CL 3:30-5:30 DL PR 3:30-5:00 (Team Suit Sizing)</p>	<p>Oct 30 Clinic&Practice CL 3:30-5:30 PR 3:30-5:30 DL (Team Suit Sizing)</p>	<p>Oct 31 Clinic&Practice CL 3:30-5:30 DL PR 3:30-5:00 (Team Suit Sizing)</p>	<p>Nov 1 No <i>Clinic&Practice</i> Order Team Suits</p>	<p>2</p>
<p>3 DL = Dryland Training (Bring sneakers, shorts & a t-shirt on those days)</p>	<p>4 Clinic&Practice CL 3:30-5:30 PR 3:30-5:30 DL</p>	<p>5 Clinic&Practice CL 3:30-5:30 DL PR 3:30-5:00</p>	<p>6 Clinic&Practice CL 3:30-5:30 PR 3:30-5:30 DL</p>	<p>7 Clinic&Practice CL 3:30-5:30 DL PR 3:30-5:00</p>	<p>8 No <i>Clinic&Practice</i> <i>Team Captain Candidates?</i></p>	<p>9 Practice Groups Confirmed ~ Purple (P) ~ ~ Black (B) ~</p>
<p>10 P = Purple Practice B = Black Practice CL = Clinic</p>	<p>11 NO SCHOOL <i>Full Practices Begin</i> P 3:30-6:00 DL B 3:30-5:30DL</p>	<p>12 P 3:30-5:30 B 3:30-5:00</p>	<p>13 P 3:30-6:00 DL B 3:30-5:30DL</p>	<p>14 P 3:30-5:30 B 3:30-5:00</p>	<p>15 <i>First</i> Mandatory Practice P 3:30-6:00 DL B 3:30-5:30DL</p>	<p>16</p>
<p>17 Morning Practices Start for Purple →</p>	<p>18 <i>Team Captain Ballots</i> P 3:30-6:00 DL B 3:30-5:30DL 7:00 All Parents Meeting (Location TBD)</p>	<p>19 P 5:45-6:50 AM 3:00 Code of Conduct Meeting? (NHS Auditorium?) P 3:00-5:30 B 3:00-5:00</p>	<p>20 P 3:30-6:00 DL B 3:30-5:30DL</p>	<p>21 P 5:45-6:50 AM P 3:30-5:30 B 3:30-5:00</p>	<p>22 P 5:45-6:50 AM <i>Team Leaders Announced</i> Time Trials & Pizza ALL 3:30-7:00</p>	<p>23 HOME @10:00 Scrimmage vs Mechanicsburg</p>
<p>24 </p>	<p>25 P 3:30-6:00 DL B 3:30-5:30 DL</p>	<p>26 P 5:45-6:50 AM P 3:30-5:30 B 3:30-5:00</p>	<p>27 NO SCHOOL P 3:30-6:00 DL B 3:30-5:30DL</p>	<p>28 NO SCHOOL  HAPPY THANKSGIVING!!!</p>	<p>29 NO SCHOOL P 8:00-10:30 DL B 8:00-10:00 DL</p>	<p>30 P 8:00-10:00 B 8:00-9:30</p>