

October 2024 - NHS Optional Swimming

Updated 6Sept2024 (Tentative: Subject to Change)

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p>Shoulder Prehab @ HOME STARTS this week → 2 TIMES <i>(See Shoulder Prehab Guide)</i></p>	<p><i>* Optional Water Polo is for <u>experienced</u> competitive swimmers only</i></p>	<p>1</p> <p>3:15-5:00 PM Water Polo BEGINS!</p>	<p>2</p>	<p>3</p> <p>3:15-5:00 PM Water Polo</p>	<p>4</p>	<p>5</p> <div style="text-align: center; font-size: 2em; font-weight: bold; color: purple;">N</div>
<p>6</p> <p>Shoulder Prehab @ HOME this week → 3 TIMES</p>	<p>7</p>	<p>8</p> <p>3:15-5:00 PM Water Polo</p>	<p>9</p>	<p>10</p> <p>3:15-5:00 PM Water Polo</p>	<p>11</p>	<p>12</p>
<p>13</p> <p>Shoulder Prehab @ HOME this week → 4 TIMES</p>	<p>14</p>	<p>15</p> <p>3:15-5:00 PM Water Polo</p>	<p>16</p>	<p>17</p> <p>3:15-5:00 PM Water Polo</p>	<p>18</p> <p style="background-color: cyan; color: black; padding: 2px;">NO SCHOOL</p> <p>~ Farmers Fair ~</p>	<p>19</p> <p>Farmers Fair</p>
<p>20</p> <p>Shoulder Prehab @ HOME this week → 5 TIMES</p>	<p>21</p> <p style="background-color: cyan; color: black; padding: 2px;">NO SCHOOL</p>	<p>22</p> <p>3:15-5:00 PM Water Polo</p>	<p>23</p>	<p>24</p> <p>3:15-5:00 PM FINAL Water Polo w/Spectators</p>	<div style="border: 1px solid black; padding: 10px; color: purple; font-weight: bold; font-size: 1.2em;"> Seeking Excellence Together! </div>	
<p>27</p> <p>Shoulder Prehab @ HOME this week → 5 TIMES</p>	<p>28</p> <p>Clinic&Practice BEGIN! CL 3:30-5:00 PR 3:30-5:30 DL <i>(Team Suit Sizing)</i></p>	<p>29</p> <p>Clinic&Practice CL 3:30-5:30 DL PR 3:30-5:00 <i>(Team Suit Sizing)</i></p>	<p>30</p> <p>Clinic&Practice CL 3:30-5:00 PR 3:30-5:30 DL <i>(Team Suit Sizing)</i></p>	<p>31</p> <p>Clinic&Practice CL 3:30-5:30 DL PR 3:30-5:00 <i>(Team Suit Sizing)</i></p>	<p>Nov 1</p> <p><i>No Clinic&Practice</i></p>	