

# 2025-2026 Girls Swimming and Diving Practice and Meet Schedule ( revised 07/15/25 )

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Month
1 Seniors Lane Guide Help	11 <i>Vars opening Day</i>	12	13	14	15	16	<b>August</b> Motor Learning
	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">**Mass Meeting: 9-12th Wed. Aug 6 AAHS 5:15</div> Swim 8-10:30 am JH/Var Div 4:30-6:00 pm Swim 4:30-6:00p Drills Parent Mtng DMS 6:00pm	Var swim 8:30-10:30am JH/Var Div 4:30-6:30 pm	Var swim 8:30-10:30am JH/Var Div 4:30-6:30 pm Var swim 4:30-6:00p Drills	Var swim 8:30-10:30am JH/Var Div 4:30-6:30 pm	Var swim 8:30-10:30am JH/Var Div 4:30-6:30 pm	Var swim 8:30-10:30am JH/Var Div 4:30-6:30 pm Var swim 4:30-6:00p Drills	
2 jr	18 <b>Confirm elig. 11:00</b>	29	20	21 <b>6-8 Mass Mtng 6:30 DMS</b>	22	23 <i>(This weekend is the time to decide if you want out &amp; a refund)</i>	Early season: Aerobic base
	Var swim 8:30-10:30am JH/Var diving 9-10:30 Var swim 4:30-6:00p Drills  <b>Timed 50 Free</b>	Var swim 8:30-10:30am JH/Var diving 9-10:30	Var swim 8:30-10:30am JH/Var diving 9-10:30 Var swim 4:30-6:00p Drills	Var swim 8:30-10:30am JH/Var diving 9-10:30	Var swim 8:30-10:30am JH/Var diving 9-10:30	Var swim 8:30-10:30am JH/Var diving 9-10:30 Var swim 4:30-6:00p Drills	
3 so	25 <i>JH Opening Day</i>	26	27 <b>DMS AAHS Open House</b>	28	29	30	
	Var swim 8:00-10:30 Div 9:00-10:30 JH swim 10:30-12 Var swim 4:30-6:00p Drills <b>Make up Time Trials</b> <b>Meet with capt's. 10:30</b>	Var swim 8:00-10:30 Div 9:00-10:30 JH swim 10:30-12 Relay Exchanges <b>Make up Time Trials</b> Parka handout-10:30	Var swim 8:00-10:30 Div 9:00-10:30 JH swim 10:30-12 Relay Exchanges No PM varsity practice	JH diving 9:00-10:30 JH swim 10:30-12  <b>Var @Roc</b> Bus at 3:30	Var swim 8:00-10:30 Div 9:00-10:30 JH swim 10:30-12 Var swim 4:30-6:00p Drills	Var 8-10:30 JH/Var diving 9-10:30	
4 fr	1 <i>Labor Day-No sch</i>	2 <i>First day of school</i>	3	4	5	6	<b>September</b>
	No practice	Medballs DMS 3:45 JH 3:15-4:30 Var 4:30-6:30 <b>Team Pics 3:30</b>	Weights AAHS 3:30 JH 3:15-4:30 Var 4:30-6:30	JH 3:15-4:30  <b>Var w/Will</b>	Weights AAHS 3:30 JH 3:15-4:30 Var 4:30-6:30	Var 8-10:30 JH/Var diving 9-10:30	
5 sr	8	9	10	11	12	13	Mid-season; Power base
	Weights AAHS 3:30 JH 3:15-4:30 Var 4:30-6:30 Starts/Turns 6:15 <b>Meet with capt's 6:30</b>	<b>Var @FF</b> Bus at 4:00	Weights AAHS 3:30 JH 3:15-4:30 Var 4:30-6:30	JH 3:15-4:30  <b>Var @ SRR</b> Bus at 3:30	Weights AAHS 3:30 JH 3:15-4:30 Var 4:30-6:30	Var 8-10:30 JH/Var diving 9-10:30	
6 jr	15	16	17	18	19	20	} Hmcoming dates??
	Weights AAHS 3:30 JH 3:15-4:30 Var 4:30-6:30 Starts/Turns 6:15	<b>JH @ Sart</b>  Medballs DMS 3:45 JH 3:15-4:30 Var 4:30-6:30	Weights AAHS 3:30 JH 3:15-4:30 Var 4:30-6:30	<b>JH @SRR</b>  <b>Var w/Tech</b>	No varsity practice. <b>Homecoming</b> Parade @ 4:00 Dance @ 9:00	Var 9:00-10:30 <b>Get up sleepy heads</b> OR <b>Border Battle @ WF</b> 10:30 am Bus@ 7:30	
7 so	22	23	24	25	26	27	
	Weights AAHS 3:30 JH 3:15-4:30 Var 4:30-6:30 Starts/Turns 6:15 <b>Meet with capt's 6:30</b>	Medballs DMS 3:45 Var 4:30-6:30	Weights AAHS 3:30 JH 3:15-4:30 Var 4:30-6:30	JH 3:15-4:30 <b>Var w/ Sart</b>	Weights AAHS 3:30 JH 3:15-4:30 Var 4:30-6:30	Var 8-10:30 JH/Var diving 9-10:30	
8 fr	29	30	1	2	3	4	<b>October</b>
	Weights AAHS 3:30 JH 3:15-4:30 Var 4:30-6:30 Starts/Turns 6:15	<b>JH w/ Brnd 5:00</b> Medballs DMS 3:45 JH 3:15-4:30 Var 4:30-6:30	Weights AAHS 3:30 JH 3:15-4:30 Var 4:30-6:30	JH 3:15-4:30 <b>Vars @Brnd</b> Bus at 3:00	Weights AAHS 3:30 JH 3:15-4:30 Var 4:30-6:30	Var 8-10:30 JH/Var diving 9-10:30 <b>JH-Alex Invit 11:30</b>	
9 sr	6	7	8	9 6-8 Conf. 3:30-7:30	10 End JH season	11 Van 6:15 Bus 10:00	} Late season Speed work TT rot. 2025 Brnd 2026 Brnd 2027 2028 2029 2030
	Weights AAHS 3:30 JH 3:15-4:30 Var 4:30-6:30 Starts/Relays 6:15 <b>Meet with capt's 6:30</b>	<b>JH @ Brnd</b> <b>Var @DLKS</b> Bus at 3:00	Weights AAHS 3:30 JH 3:15-4:30 Var 4:30-6:30	Medballs DMS 3:45 Var 4:30-6:30	No weights Var 4:30-5:30 <b>Pasta feed 6 PM</b>	Div 10:00 am All 11 dives Swim timed finals 2:00 pm	
10 jr	13 6-12 Conf. 3:30-7:30	14	15 6-8 No school 6-8 Conf. 8:00-12:00	16 <b>MEA Break</b> K-12 No school	17 <b>MEA Break</b> K-12 No school	18 <b>MEA Break</b>	
	Weights AAHS 3:30 Var 4:30-6:30 Starts/Relays 6:15	<b>Var w/Apol</b> <b>Senior Night</b>	Weights AAHS 3:30 Var 4:30-6:30	Var 8-10:30 Medballs 10:30-11:00	Var 8:00-10:30 Circuit 10:30-11:00	Var 8-10:30 Div 9-10:30  <b>OR:</b> No practice because.. Class AA True Team State Bus at	
11 so	20	21	22	23	24 <b>CLC div @Tech</b> 3:00 pm Van 11:30	25 <b>CLC @ Tech</b>	} CLC rot. 2024 Brnd 2025 Tech 2026 Sart 2027 Apol 2028 Will 2029 Alex
	Weights AAHS 3:30 Var 4:30-6:30 Starts/Relays 6:15 <b>Meet with capt's 6:30</b>	Medballs DMS 3:45 Var 4:30-6:30	Weights AAHS 3:30 Var 4:30-6:30	Var 3:45-5:45 Starts/Relays 5:30	Var 3:45-5:30 Starts/Relays 5:15 <b>Pasta Feed 6 PM</b>	Bus 9:45 Swim & Div finals: 1:00 PM	
12 sr	27	28	29	30	31 No school Prof Dev Halloween	1	<b>November</b> Taper
	Light Weights AAHS 3:30 Var 4:30-6:30 Starts/Relays 6:15	Var 3:45-5:45	Light Weights AAHS 3:30 Var 4:30-6:30	Var 3:45-5:45	Var 8:00-10:30	Var 8:00-10:30 Starts/Relays 10:15	
13 jr	3	4	5	6	7 End Q. 1 "Get grades up"	8	} Taper Sect rot. 2025 Brnd 2026 Brnd 2027 2028 2029 2030
	Var 3:45-5:30 Starts/Relays 5:30 <b>Meet with capt's 5:30</b>	Var 3:45-5:15 Starts/Relays 5:15	Var 3:45-5:15 Starts/Relays 5:15	Var 3:45-5:15 Starts/Relays 5:15 <b>Pasta Feed 6 PM</b>	Var 3:45-5:15 Starts/Relays 5:15 <b>Pasta Feed 6 PM</b>	<b>Sect Swim Pre-Brnd</b> W-up 3:30 Prelims 5:00 Bus at 1:30	
14 so	10	11	12	13 Van 1:00 DMS	14 or Van 1:00 DMS	15	
	Var 3:45-5:15 Starts/Relays 5:15	Var 3:45-5:15 Starts/Relays 5:15	Var 3:45-5:15 Starts/Relays 5:15	<b>State Meet-UM</b> W-up 4:00 pm Class AA Div Pre 6:00pm	<b>State Meet-UM</b> W-up 4:00 pm Class AA Swm Pre 6:00p	<b>State Meet-UM</b> W-up 4:00 pm Swim/Div finals 6:00 pm	
15	17	18	19	20	21	22	<b>Banquet: Nov. 24th</b> <b>AAHS Café: 6:30 PM</b> Boys season <b>Dec 1st</b> Spring Club starts: <b>April 13th</b> Summer Club starts: <b>June 1st</b>