

October 2025 - NHS Optional Swimming

Updated 20Oct2025 (Subject to Change)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sept 30 Shoulder Prehab @ HOME STARTS this week → 2 TIMES <i>(See Shoulder Prehab Guide)</i>	* <i>Optional Water Polo is for experienced competitive swimmers only</i>	1 3:00-5:00 PM Water Polo BEGINS!	2 3:00-5:00 PM Water Polo	3 3:00-5:00 PM Water Polo	4 	
5 Shoulder Prehab @ HOME this week → 3 TIMES	6 7:00 Booster Mtg?	7 3:00-5:00 PM Water Polo	8 3:00-5:00 PM Water Polo	9 3:00-5:00 PM Water Polo	10 3:00-5:00 PM Water Polo	11
12 Shoulder Prehab @ HOME this week → 4 TIMES	13 NO SCHOOL	14 3:00-5:00 PM Water Polo	15 3:00-5:00 PM Water Polo	16 3:00-5:00 PM Water Polo	17 NO SCHOOL ~ Farmers Fair ~	18 Farmers Fair
19 Shoulder Prehab @ HOME this week → 5 TIMES	20 NO SCHOOL	21 3:00-5:00 PM Water Polo	22	23 3:00-5:00 PM FINAL Water Polo w/Spectators	<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <p style="color: purple; font-size: 1.2em; margin: 0;">Seeking Excellence Together!</p> </div>	
26 Shoulder Prehab @ HOME this week → 5 TIMES	27 Clinic&Practice BEGIN! CL 3:20-5:00 PR 3:20-5:30 DL <i>(Team Suit Sizing)</i>	28 Clinic&Practice CL 3:20-5:30 DL PR 3:20-5:00 <i>(Team Suit Sizing)</i>	29 Clinic&Practice CL 3:20-5:00 PR 3:20-5:30 DL <i>(Team Suit Sizing)</i>	30 Clinic&Practice CL 3:20-5:30 DL PR 3:20-5:00 <i>(Team Suit Sizing)</i>	31 No <i>Clinic&Practice</i>	