

October 2026 - NHS Optional Swimming

Updated 23Sept2026 *(Subject to Change)*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Shoulder Prehab @ HOME STARTS this week → 2 TIMES (See Shoulder Prehab Guide)	<i>* Optional Water Polo is for <u>experienced</u> competitive swimmers only</i>	Sept 29 3:00-5:00 PM Water Polo BEGINS!	30 DL@6:00AM is encouraged. A minimum of 6 athletes is required. Sign up by 12:00 noon the day before with Coach Boyce	Oct 1 3:00-5:00 PM Water Polo	2 DL = Dryland Training (Bring sneakers, shorts & a t-shirt on those days)	3 
4 Shoulder Prehab @ HOME this week → 3 TIMES	5 DL@6:00 AM (Must Sign Up the day before with Coach Boyce)	6 <i>10:45-1:00 Sign-Ups Common Area</i> 3:00-5:00 PM Water Polo	7 DL@6:00 AM (Must Sign Up) <i>10:45-1:00 Sign-Ups Common Area</i>	8 3:00-5:00 PM Water Polo	Celebrating Our 25th Season!	
11 Shoulder Prehab @ HOME this week → 4 TIMES	12 DL@6:00 AM (Must Sign Up) 7:00 Booster Mtg	13 3:00-5:00 PM Water Polo	14 DL@6:00 AM (Must Sign Up)	15 3:00-5:00 PM Water Polo	16 NO SCHOOL ~ Farmers Fair ~	17 Farmers Fair
18 Shoulder Prehab @ HOME this week → 5 TIMES	19 NO SCHOOL	20 4-8 Chic-fil-A Fundraiser 3:00-5:00 PM Water Polo w/Spectators	21 DL@6:00 AM (Must Sign Up)	22 <i>4:00 Winter Coaches Meeting</i>	23	24
25 Shoulder Prehab @ HOME this week → 5 TIMES	26 Clinic&Practice CL 3:15-5:45 DL PR 3:15-5:00 (Team Suit Sizing)	27 Clinic&Practice CL 3:15-5:00 PR 3:15-5:45 DL (Team Suit Sizing)	28 Clinic&Practice CL 3:15-5:45 DL PR 3:15-5:00 (Team Suit Sizing)	29 Clinic&Practice CL 3:15-5:00 PR 3:15-5:45 DL (Team Suit Sizing)	30 No Clinic&Practice	31