

November 2026 – NHS Swimming Schedule

Updated 23Sept2026 – *(Subject to Change)*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 DL = Dryland Training (Bring sneakers, shorts & a t-shirt on those days)	2 Clinic&Practice CL 3:15-5:45 DL PR 3:15-5:00	3 Clinic&Practice CL 3:15-5:00 PR 3:15-5:45 DL	4 Clinic&Practice CL 3:15-5:45 DL PR 3:15-5:00	5 Clinic&Practice CL 3:15-5:00 PR 3:15-5:45 DL	6 No <i>Clinic&Practice</i>	7 Practice Groups Confirmed ~ Purple (P) ~ ~ Black (B) ~
8 Practice Groups Purple (P) Black (B)	9 NO SCHOOL	10 P 3:15-5:30 B 3:15-5:00	11 (P) DL@6:00 AM (Must Sign Up) P 3:15-5:30 B 3:15-5:45 DL	12 P 3:15-5:30 B 3:15-5:00 5-9 Chipotle Dine Out Fundraiser	13 P 3:15-6:00 DL B 3:15-5:30 DL	14 <i>Team Captain Candidates?</i>
15	16 (P) DL@6:00 AM (Must Sign Up) P 3:15-5:30 B 3:15-5:45 DL	17 P 3:15-5:30 B 3:15-5:00	18 (P) DL@6:00 AM (Must Sign Up) Physical Packets <u>MUST</u> be in! P 3:15-5:30 B 3:15-5:45DL	19 P 3:15-5:30 B 3:15-5:00	20 First Mandatory Practice P 3:15-6:00 DL B 3:15-5:30DL	21
22 	23 <i>Team Captain Ballots</i> (P) DL@6:00 AM (Mandatory) P 3:15-5:30 B 3:15-5:45 DL	24 <i>Time Trials with Red Land & Cedar Cliff & Pizza Party</i> ALL 3:15-7:00	25 NO SCHOOL P 3:15-6:00 DL B 3:15-5:30DL	26 NO SCHOOL  HAPPY THANKSGIVING!!!	27 NO SCHOOL <i>Team Leaders Announced</i> P 3:15-6:00 DL B 3:15-5:30 DL	28 P 8:00-10:00 B 8:00-9:30
29	30 NO SCHOOL P 3:15-6:00 DL B 3:15-5:30 DL	Celebrating our 25th Season of <i>Seeking Excellence Together!</i>				