

2009-2010 West Chicago Sharks Practice and Meet Schedule

	MON	TUE	WED	THU	FRI	SAT	SUN
1	5-Oct Registration 5:00-7:00 pm	6-Oct Registration 5:00-7:00 pm	7-Oct	8-Oct Home HS Swim Meet No Practices	9-Oct	10-Oct Parents' Meeting 10:00-11:30 Every half hour..please come!!	11-Oct
2	12-Oct Strength Training Begins	13-Oct Home HS Swim Meet No Practices	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
3	19-Oct	20-Oct Home HS Swim Meet No Practices	21-Oct Senior Team Tryouts	22-Oct Home HS Swim Meet No Practices	23-Oct	24-Oct OFFICIALS' WORKSHOP AT WCS Kiefer: 9:30-12:15	25-Oct WHEATON SPORT home 9:00 a.m.
4	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
5	2-Nov Board Meeting 7 pm Room 163	3-Nov	4-Nov	5-Nov	6-Nov FOX I.S.I. at Neuqua Valley H.S.	7-Nov	8-Nov
6	9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov HS Girls' Sectional	15-Nov
7	16-Nov	17-Nov	18-Nov	19-Nov	20-Nov WEST CHICAGO SHARKS FALL FLING at West Chicago H.S.	21-Nov	22-Nov
8	23-Nov	24-Nov	25-Nov	26-Nov Thanksgiving Day No Practices	27-Nov	28-Nov	29-Nov
9	30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec ST CHARLES 8 & UN INVITATIONAL
10	7-Dec Board Meeting 7 pm Room 163	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec Home HS Swim Meet No Practices	13-Dec
11	14-Dec	15-Dec	16-Dec	17-Dec Home HS Swim Meet No Practices	18-Dec	19-Dec	20-Dec
12	21-Dec	22-Dec	23-Dec	24-Dec Holiday No Practices	25-Dec Holiday No Practices	26-Dec	27-Dec
13	28-Dec	29-Dec DUAL MEET AT DELTA Owsego East HS	30-Dec	31-Dec Holiday No Practices	1-Jan Holiday No Practices	2-Jan	3-Jan

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	MON	TUE	WED	THU	FRI	SAT	SUN
14	4-Jan Board Meeting 7 pm Room 163	5-Jan	6-Jan	7-Jan	8-Jan WEST CHICAGO SHARKS JANUARY ISI at West Chicago H.S.	9-Jan	10-Jan
15	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
16	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
17	25-Jan	26-Jan Home HS Swim Meet Seniors Only 7:00-8:30	27-Jan	28-Jan Home HS Swim Meet Seniors Only 7:00-8:30	29-Jan BARRINGTON ISI	30-Jan CIRCLE CITY CLASSIC	31-Jan
18	1-Feb Board Meeting 7 pm Room 163	2-Feb	3-Feb	4-Feb	5-Feb HOSTING DVC MEET No Practices	6-Feb DVC MEET No Practices	7-Feb
19	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb WEST CHICAGO SHARKS FEB. FRENZY at West Chicago H.S.	13-Feb	14-Feb
20	15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb High School Boys' Sectionals	21-Feb CHICAGOLAND CONFERENCE MEET
21	22-Feb	23-Feb	24-Feb	25-Feb	26-Feb I.S.I. REGIONAL CHAMPIONSHIPS	27-Feb	28-Feb
	Begin Championship Season Practice Schedule: 5:30-7:00 pm all groups Mon-Fri						
22	1-Mar Board Meeting 7 pm Room 163	2-Mar	3-Mar	4-Mar	5-Mar SENIOR CHAMPIONSHIPS	6-Mar	7-Mar
23	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar AGE GROUP CHAMPIONSHIPS	13-Mar	14-Mar
24	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar
	SECTIONALS						
	JUNIOR NATIONALS Orlando, FLA						

2009-10 WEST CHICAGO SHARKS PRACTICE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SENIOR-A Strength	5:30-7:00 4:30-5:15	7:00-8:30	5:30-7:00 4:30-5:15	7:00-8:30		8:30-10:30 10:45-11:30	4:00-6:00
SENIOR-B Strength		5:30-7:00 4:30-5:15	7:00-8:30	5:30-7:00 4:30-5:15		8:30-10:00 10:15-11:00	4:00-5:30
JUNIORS Strength	5:30-6:30 4:30-5:15		5:30-6:30 4:30-5:15		5:30-7:00 4:30-5:15	10:30-11:30	4:00-5:00
9-10's	6:30-7:30	6:30-7:30		6:30-7:30	6:30-7:30	10:00-11:00	
8 & UN		5:30-6:30	6:30-7:30	5:30-6:30	5:30-6:30	11:00-12:00	
GOLD	6:30-7:30		6:30-7:30		6:30-7:30	11:00-12:00	
SILVER	5:30-6:15		5:30-6:15		5:30-6:15	10:00-11:00	