



JCC Sharks Winter Swim Team

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
	<u>USA Practice</u> 7-8:30pm	<u>USA Practice</u> 7-8:30pm	<u>USA Practice</u> 7-8:30pm	<u>USA Practice</u> 7-8:30pm		
30						
<u>USA Practice</u> 4-5:30pm						



JCC Sharks Winter Swim Team

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <u>USA Practice</u> 7-8:30pm	2 <u>USA Practice</u> 7-8:30pm	3 <u>USA Practice</u> 7-8:30pm	4 <u>USA Practice</u> 7-8:30pm	5	6
7 <u>USA Practice</u> 4-5:30pm	8 <u>USA Practice</u> 7-8:30pm	9 <u>USA Practice</u> 7-8:30pm	10 <u>USA Practice</u> 7-8:30pm	11 <u>USA Practice</u> 7-8:30pm	12	13
13 <u>USA Practice*</u> 4-5:30pm	15 <u>USA Practice*</u> 7-8:30pm	16 <u>USA Practice*</u> 7-8:30pm	17 <u>USA Practice*</u> 7-8:30pm	18 <u>USA Practice*</u> 7-8:30pm	19	20
21 <u>USA Practice</u> 4-5:30pm	22 <u>USA Practice</u> 7-8:30pm	23 <u>USA Practice</u> 7-8:30pm	24 <u>USA Practice</u> 7-8:30pm	25 <u>USA Practice</u> 7-8:30pm	26	27
28 <u>USA Practice</u> 4-5:30pm	29 <u>USA Practice</u> 7-8:30pm	30 <u>Parent Meeting</u> 6-7:30pm Auditorium <u>USA Practice</u> 7-8:30pm	31 <u>NO PRACTICE</u> Halloween			



JCC Sharks Winter Swim Team

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Notes Open Practice				1 <u>Parent Meeting</u> 6-7:30pm ECC Amphitheater <u>USA Practice</u> 7-8:30pm	2	3
4 <u>Parent Meeting</u> 4-5:30pm Board Room <u>USA Practice</u> 4-5:30pm	5 D1 & Yarok: 5-6pm* T1: 6-7pm* U1: 7-8:30pm (HS to 9)*	6 D2: 4-5pm* T2: 5-6pm* U2: 6-7pm (pool), 7:15-8pm (dryland)* U1: 7-8:30pm (HS to 9)*	7 D1 & Yarok: 5-6pm* T1: 6-7pm* U2: 7-8:30pm (HS to 9)*	8 D2: 4-5pm* T2: 5-6pm* U1: 6-7pm (pool), 7:15-8pm (dryland)* U2: 7-8:30pm (HS to 9)*	9	10
11 <u>Dryland (non-USA)</u> 4:15-5pm	12 D1 & Yarok: 5-6pm* T1: 6-7pm U1: 7-8:30pm (HS to 9)	13 D2: 4-5pm* T2: 5-6pm U2: 6-7pm (pool), 7:15-8pm (dryland) U1: 7-8:30pm (HS to 9)	14 D1 & Yarok: 5-6pm* T1: 6-7pm U2: 7-8:30pm (HS to 9)	15 D2: 4-5pm* T2: 5-6pm U1: 6-7pm (pool), 7:15-8pm (dryland) U2: 7-8:30pm (HS to 9)	16	17 <u>USA Meet</u> Jersey Wahoos Thanksgiving Celebration @ GCIT
18 <u>USA Meet</u> GCIT <u>Dryland (non-USA)</u> 4:15-5pm	19 D1 & Yarok: 5-6pm* T1: 6-7pm U1: 7-8:30pm (HS to 9)	20 D2: 4-5pm* T2: 5-6pm U2: 6-7pm (pool), 7:15-8pm (dryland) U1: 7-8:30pm (HS to 9)	21 <u>NO PRACTICE</u> Thanksgiving Eve	22 <u>NO PRACTICE</u> Thanksgiving	23	24
25 <u>NO DRYLAND</u> Thanksgiving Weekend	26 D1 & Yarok: 5-6pm* T1: 6-7pm U1: 7-8:30pm (HS to 9)	27 D2: 4-5pm* T2: 5-6pm U2: 6-7pm (pool), 7:15-8pm (dryland) U1: 7-8:30pm (HS to 9)	28 D1 & Yarok: 5-6pm* T1: 6-7pm U2: 7-8:30pm (HS to 9)	29 D2: 4-5pm* T2: 5-6pm U1: 6-7pm (pool), 7:15-8pm (dryland) U2: 7-8:30pm (HS to 9)	30	



JCC Sharks Winter Swim Team

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>*Notes Open Practice</i>						1
2 <i>Intra-Squad Meet/ Time-Trials @ Home Tie-Dye Party After! 11:45am Arrival No Dryland!</i>	3 <i>D1 & Yarok: 5-6pm*</i> <i>T1: 6-7pm*</i> <i>U1: 7-8:30pm (HS to 9)*</i>	4 <i>D2: 4-5pm*</i> <i>T2: 5-6pm*</i> <i>U2: 6-7pm (pool), 7:15-8pm (dryland)*</i> <i>U1: 7-8:30pm (HS to 9)*</i>	5 <i>D1 & Yarok: 5-6pm*</i> <i>T1: 6-7pm*</i> <i>U2: 7-8:30pm (HS to 9)*</i>	6 <i>D2: 4-5pm*</i> <i>T2: 5-6pm*</i> <i>U1: 6-7pm (pool), 7:15-8pm (dryland)*</i> <i>U2: 7-8:30pm (HS to 9)*</i>	7	8 <i>USA Meet BB Snowflake Meet @ Rutgers</i>
9 <i>USA Meet Rutgers Dryland (non-USA) 4:15-5pm</i>	10 <i>D1 & Yarok: 5-6pm</i> <i>T1: 6-7pm</i> <i>U1: 7-8:30pm (HS to 9)</i>	11 <i>D2: 4-5pm</i> <i>T2: 5-6pm</i> <i>U2: 6-7pm (pool), 7:15-8pm (dryland)</i> <i>U1: 7-8:30pm (HS to 9)</i>	12 <i>D1 & Yarok: 5-6pm</i> <i>T1: 6-7pm</i> <i>U2: 7-8:30pm (HS to 9)</i>	13 <i>D2: 4-5pm</i> <i>T2: 5-6pm</i> <i>U1: 6-7pm (pool), 7:15-8pm (dryland)</i> <i>U2: 7-8:30pm (HS to 9)</i>	14	15
16 <i>JCC League/ USA Approved Meet Away in Baltimore 11:45am Arrival No Dryland!</i>	17 <i>D1 & Yarok: 5-6pm</i> <i>T1: 6-7pm</i> <i>U1: 7-8:30pm (HS to 9)</i>	18 <i>D2: 4-5pm</i> <i>T2: 5-6pm</i> <i>U2: 6-7pm (pool), 7:15-8pm (dryland)</i> <i>Mitzvah Laps: 7-8:30pm</i>	19 <i>Mitzvah Laps: 5-6pm</i> <i>Mitzvah Laps: 6-7pm</i> <i>U2: 7-8:30pm (HS to 9)</i>	20 <i>Mitzvah Laps: 4-5pm</i> <i>Mitzvah Laps: 5-6pm</i> <i>U1: 6-7pm (pool), 7:15-8pm (dryland)</i> <i>Mitzvah Laps: 7-8:30pm</i>	21	22
23 <i>Dryland (non-USA) 4:15-5pm</i>	24 <i>NO PRACTICE Christmas Eve</i>	25 <i>NO PRACTICE Christmas</i>	26 <i>D1 & Yarok: 4-5pm*</i> <i>T1: 5-6pm*</i> <i>U2: 6-7pm (pool), 7:15-8pm (dryland)*</i> <i>U1: 7-8:30pm (HS to 9)*</i>	27 <i>D2: 4-5pm</i> <i>T2: 5-6pm</i> <i>U1: 6-7pm (pool), 7:15-8pm (dryland)</i> <i>U2: 7-8:30pm (HS to 9)</i>	28 <i>Optional USA Practice: 10am-12pm</i>	29
30 <i>Dryland (non-USA) 4:15-5pm</i>	31 <i>NO PRACTICE New Year's Eve</i>		<i>* Notes Modified Winter Break Schedule</i>			



JCC Sharks Winter Swim Team

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>*Notes Open Practice</i></p> <p><i>* Notes Modified Winter Break Schedule</i></p>		<p>1</p> <p><i>NO PRACTICE</i> New Year's Day</p>	<p>2</p> <p>D1 & Yarok: 4-5pm** T1: 5-6pm** U2: 6-7pm (pool), 7:15-8pm (dryland)** U1: 7-8:30pm (HS to 9)**</p>	<p>3</p> <p>D2: 4-5pm* T2: 5-6pm* U1: 6-7pm (pool), 7:15-8pm (dryland)* U2: 7-8:30pm (HS to 9)*</p>		<p>5</p> <p><i>USA Meet</i> EAAC January Jam Meet @ Episcopal Academy</p>
<p>6</p> <p><i>USA Meet</i> Episcopal Academy</p> <p><i>Dryland (non-USA)</i> 4:15-5pm</p>	<p>7</p> <p>D1 & Yarok: 5-6pm T1: 6-7pm U1: 7-8:30pm (HS to 9)</p>	<p>8</p> <p>D2: 4-5pm T2: 5-6pm U2: 6-7pm (pool), 7:15-8pm (dryland) U1: 7-8:30pm (HS to 9)</p>	<p>9</p> <p>D1 & Yarok: 5-6pm T1: 6-7pm U2: 7-8:30pm (HS to 9)</p>	<p>10</p> <p>D2: 4-5pm T2: 5-6pm U1: 6-7pm (pool), 7:15-8pm (dryland) U2: 7-8:30pm (HS to 9)</p>		<p>12</p> <p><i>USA Meet</i> GPAC Meet @ GCIT</p>
<p>13</p> <p><i>USA Meet</i> GCIT</p> <p><i>Dryland (non-USA)</i> 4:15-5pm</p>	<p>14</p> <p>D1 & Yarok: 5-6pm T1: 6-7pm U1: 7-8:30pm (HS to 9)</p>	<p>15</p> <p>D2: 4-5pm T2: 5-6pm U2: 6-7pm (pool), 7:15-8pm (dryland) U1: 7-8:30pm (HS to 9)</p>	<p>16</p> <p>D1 & Yarok: 5-6pm T1: 6-7pm U2: 7-8:30pm (HS to 9)</p>	<p>17</p> <p>D2: 4-5pm T2: 5-6pm U1: 6-7pm (pool), 7:15-8pm (dryland) U2: 7-8:30pm (HS to 9)</p>		
<p>20</p> <p><i>Parent Meeting</i> 4-5pm Board Room</p> <p><i>Dryland (non-USA)</i> 4:15-5pm</p>	<p>21</p> <p>D1 & Yarok: 5-6pm T1: 6-7pm U1: 7-8:30pm (HS to 9)</p>	<p>22</p> <p>D2: 4-5pm T2: 5-6pm U2: 6-7pm (pool), 7:15-8pm (dryland) U1: 7-8:30pm (HS to 9)</p>	<p>23</p> <p>D1 & Yarok: 5-6pm T1: 6-7pm U2: 7-8:30pm (HS to 9)</p>	<p>24</p> <p>D2: 4-5pm T2: 5-6pm U1: 6-7pm (pool), 7:15-8pm (dryland) U2: 7-8:30pm (HS to 9)</p>		
<p>27</p> <p><i>JCC League Meet</i> Harrisburg @ Home 11:45am Arrival</p> <p><i>No Dryland!</i></p>	<p>28</p> <p>D1 & Yarok: 5-6pm T1: 6-7pm U1: 7-8:30pm (HS to 9)</p>	<p>29</p> <p>D2: 4-5pm T2: 5-6pm U2: 6-7pm (pool), 7:15-8pm (dryland) U1: 7-8:30pm (HS to 9)</p>	<p>30</p> <p>D1 & Yarok: 5-6pm T1: 6-7pm U2: 7-8:30pm (HS to 9)</p>	<p>31</p> <p>D2: 4-5pm T2: 5-6pm U1: 6-7pm (pool), 7:15-8pm (dryland) U2: 7-8:30pm (HS to 9)</p>		



JCC Sharks Winter Swim Team

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Notes Open Practice					1	2
3 JCC League Meet Allentown @ Home 11:45am Arrival No Dryland!	4 D1 & Yarok: 5-6pm* T1: 6-7pm* U1: 7-8:30pm (HS to 9)*	5 D2: 4-5pm* T2: 5-6pm* U2: 6-7pm (pool), 7:15-8pm (dryland)* U1: 7-8:30pm (HS to 9)*	6 D1 & Yarok: 5-6pm* T1: 6-7pm* U2: 7-8:30pm (HS to 9)*	7 D2: 4-5pm* T2: 5-6pm* U1: 6-7pm (pool), 7:15-8pm (dryland)* U2: 7-8:30pm (HS to 9)*	8 USA Meet GRA February Freeze @ West Chester University	9 USA Meet West Chester University
10 USA Meet West Chester University Dryland (non-USA) 4:15-5pm	11 D1 & Yarok: 5-6pm T1: 6-7pm U1: 7-8:30pm (HS to 9)	12 D2: 4-5pm T2: 5-6pm U2: 6-7pm (pool), 7:15-8pm (dryland) U1: 7-8:30pm (HS to 9)	13 D1 & Yarok: 5-6pm T1: 6-7pm U2: 7-8:30pm (HS to 9)	14 D2: 4-5pm T2: 5-6pm U1: 6-7pm (pool), 7:15-8pm (dryland) U2: 7-8:30pm (HS to 9)	15	16 USA Meet SJAC Last Chance Meet @ NL Aquatic Center
17 USA Meet NL Aquatic Center Dryland (non-USA) 4:15-5pm	18 D1 & Yarok: 5-6pm T1: 6-7pm U1: 7-8:30pm (HS to 9)	19 D2: 4-5pm T2: 5-6pm U2: 6-7pm (pool), 7:15-8pm (dryland) U1: 7-8:30pm (HS to 9)	20 D1 & Yarok: 5-6pm T1: 6-7pm U2: 7-8:30pm (HS to 9)	21 D2: 4-5pm T2: 5-6pm U1: 6-7pm (pool), 7:15-8pm (dryland) U2: 7-8:30pm (HS to 9)	22	23
24 JCC League Meet Cherry Hill @ Home 11:45am Arrival No Dryland!	25 D1 & Yarok: 5-6pm T1: 6-7pm U1: 7-8:30pm (HS to 9)	26 D2: 4-5pm T2: 5-6pm U2: 6-7pm (pool), 7:15-8pm (dryland) U1: 7-8:30pm (HS to 9)	27 D1 & Yarok: 5-6pm T1: 6-7pm U2: 7-8:30pm (HS to 9)	28 JO TBA D2: 4-5pm T2: 5-6pm U1: 6-7pm (pool), 7:15-8pm (dryland) U2: 7-8:30pm (HS to 9)		



JCC Sharks Winter Swim Team

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>*Notes Open Practice</i>					1 <i>JO</i> Details TBA	2 <i>JO</i> Details TBA
3 JO TBA <i>Tentative Championships</i> Away in Harrisburg	4 <i>Tentative End of Season Celebration</i>	5 <i>USA Practice*</i> 7-8:30pm	6 <i>USA Practice*</i> 7-8:30pm	7 <i>USA Practice*</i> 7-8:30pm	8	9 <i>Bronze Champs</i> Details TBA
10 <i>Bronze Champs</i> Details TBA <i>USA Practice</i> 7-8:30pm	11 <i>USA Practice</i> 7-8:30pm	12 <i>USA Practice</i> 7-8:30pm	13 <i>USA Practice</i> 7-8:30pm	14 <i>USA Practice</i> 7-8:30pm	15	16
17 <i>USA Practice</i> 7-8:30pm	18 <i>USA Practice</i> 7-8:30pm	19 <i>USA Practice</i> 7-8:30pm	20 <i>USA Practice</i> 7-8:30pm	21 <i>USA Practice</i> 7-8:30pm	22 <i>Silver Champs</i> Details TBA	23 <i>Silver Champs</i> Details TBA
24 <i>Silver Champs</i> Details TBA <i>USA Practice</i> 7-8:30pm	25 <i>USA Practice</i> 7-8:30pm	26 <i>USA Practice</i> 7-8:30pm	27 <i>USA Practice</i> 7-8:30pm	28 <i>Senior Champs</i> Details TBA	29 <i>Senior Champs</i> Details TBA	30 <i>Senior Champs</i> Details TBA
31 <i>Senior Champs</i> Details TBA						