

2018

November

Rockford HS Boys Swimming and Diving 2018 - 2019

MONDAY	TUESDAY	WEDNESDAY					NI
29	30	31					
05	06	07	08	09	10	11	
<p>Please join our Schology Group For RHS Varsity Swimming and Diving.</p>							
12	<p>The Access Code is:</p>					18	
19	20	21 Thanksgiving Break	22 Thanksgiving Break	23 Thanksgiving Break	24 Thanksgiving Break	25	
26 HS 4:30 to 6:30 WR	27 HS 4:30 to 6:30 Parent meeting @ 5:30 Pool Balcony	28 Wayland @ RMSG HS 5:15 to 7:30	29 HS 4:00 to 6:30	30 HS 4:00 to 6:30 WR TEAM PICTURES	01	02	
03	04	<p>HS Boys practices at RHS Weights or dryland 4 days a week before swim. Please plan on being at the pool at 4:00 to get dressed out and start stretching as a team by at 4:15 each day.</p>					

2018

December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	01	02
03 HS 4:00 to 6:30 WR	04 HS 4:00 to 6:30	05 HS 4:00 to 6:30 WR	06 RMSG @ WO HS 4:00 to 6:30	07 1/2 day NO MS Swim Practice HS 12:00 to 2:30	08 Saturday Practice HS 8:00 to 10:00	09
10 MS 2:45 to 4:30 HS 4:00 to 6:30 WR	11 MS 2:45 to 4:30 HS 4:00 to 6:30	12 MS 2:45 to 4:30 HS 4:00 to 6:30 WR	13 NO MS Swim Practice HS 12:00 to 2:30	14 HS 4:00 to 6:30 MS Conference Meet @ Hudsonville	15 WEST MI RELAYS @ TBA	16
17 HS 4:00 to 6:30 WR	18 RHS @ Jenison	19 HS 4:00 to 6:30 WR	20 HS 4:00 to 6:30	21 HS 4:00 to 6:30 WR	22 NO PRACTICE	23
24 NO PRACTICE	25 NO PRACTICE	26 Christmass break HS 8:00 to 11:00	27 Christmass break HS 8:00 to 11:00	28 Christmass break HS 8:00 to 11:00	29 Christmass break HS 8:00 to 11:00	30
31 NO PRACTICE	01	Notes: HS Boys practices at RHS Weights or dryland 4 days a week before swim. Please plan on being at the pool at 4:00 to get dressed out and start stretching as a team by at 4:15 each day.				

2019

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01 NO PRACTICE	02 Christmass break HS 8:00 to 11:00	03 Christmass break HS 8:00 to 11:00	04 Christmass break HS 8:00 to 11:00	05 Christmass break HS 8:00 to 11:00	06
07 HS 4:00 to 6:30 WR	08 Zeeland @ RHS	09 HS 4:00 to 6:30 WR	10 RHS @ Grand Haven	11 HS 4:00 to 6:30 WR	12 NO PRACTICE	13
14 HS 4:00 to 6:30 WR	15 HS 4:00 to 6:30	16 HS 4:00 to 6:30 WR	17 WO @ RHS MS 2:45 to 4:30	18 HS 4:00 to 6:30 WR	19 NO PRACTICE CHEER COMPETITION	20
21 HS 4:00 to 6:30 WR	22 HS 4:00 to 6:30	23 HS 4:00 to 6:30 WR	24 RHS @ Grandville MS 2:45 to 4:30	25 HS 4:00 to 6:30 WR	26 Hudsonville Invitational	27
28 HS 4:00 to 6:30 WR	29 HS 4:00 to 6:30	30 HS 4:00 to 6:30 WR	31 EK @ RHS Grandville @ RMSB	01	02	03
04	05	Notes:				

2019

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31	01 HS 4:00 to 6:30 WR	02 Freshman Sophomore Meet @ Grandville	03
04 HS 4:00 to 6:30 WR	05 RMSB @ Jenison HS 4:00 to 6:30	06 HS 4:00 to 6:30 WR	07 RHS @ Hudsonville	08 HS 4:00 to 6:30 WR	09 NO PRACTICE	10
11 HS 4:00 to 6:30 WR	12 Hudsonville MS @RMSB HS 5:15 to 7:30	13 HS 4:00 to 6:30 WR	14 RMSB @ Kentwood HS 4:00 to 6:30	15 1/2 day NO MS Swim Practice HS 12:00 to 2:30 WR	16 NO PRACTICE CHEER COMPETITION	17
18 No School HS 8:00 to 11:00	19 Zeeland @ RMSB HS 5:15 to 7:30	20 HS 4:00 to 6:30	21 HS Conference dive meet HS 4:00 to 6:30	22 Conference swim meet	23 Conference swim and dive meet	24
25 HS 4:00 to 6:30	26 RMSB @ Grand Haven HS 430 to 6:30	27 HS 4:00 to 6:30	28 HS Diving Regionals Wayland @ RMSB HS 5:15 to 7:30	01	02	03
04	05					

2019

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25	26	27	28	01 HS 4:00 to 6:00	02 NO PRACTICE REST!!!!	03
04 HS 4:00 to 5:30	05 HS 4:00 to 5:30	06 HS 4:00 to 5:30	07 RMSB @ WO HS 4:00 to 6:30	08 HS State Meet @ Holland	09 HS State Meet @ Holland	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28 spring break	29 spring break	30 spring break	31 spring break
01	02	Notes:				