

2017-2018 Washington Swim Team

Season starts: Monday, December 4th

6:30 – 8:00 PM AT LHS

- Parent Informational Meeting after practice at 8:15 PM to meet Coach Alyssa and talk about the schedule and season (meets and transportation)
- Any 7-9th graders interested in managing let me know!
- Schedule is attached

- December: Monday and Wednesday 6:30-8:00 PM AT LHS
Tuesday, Thursday, Friday 3:00- 5:00 PM AT Washington (after school)
- January: Monday and Friday 3:00-5:00 PM AT Washington (after school)
Wednesday 6:30-8:00 PM AT LHS
Tuesday and Thursday (2 Saturdays) Meets
- Christmas break December 27,28,29th 2:00-3:30 PM AT LHS
- Practices at Lincoln are very important! We need to practice in a 25 yard pool and with starting blocks.
- My hope with having practice at Washington, despite the 20 yard pool, is that it will be more convenient for parents so you don't have to make so many trips for practice
- More information at the meeting!
- MUST HAVE PHYSICAL (or alternate year card) AND EMERGENCY INFO CARD! (One piece suit (girls), towel, goggles, and cap)

Coach Alyssa Jost

Phone: 920-905-4689 Email: coachjost@gmail.com

Please email me your swimmer and parent contact information. I will be sending out emails throughout the season so this is the best way to get correct emails.

Please feel free to contact me with any questions. Best way to reach me in through a text or email.

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Meet Coach Alyssa during lunch!	2
3	4 Practice @ <u>6:30-8:00 PM AT LHS</u> Parent/Athlete meeting @ <u>8:15 PM</u>	5 Practice @ <u>3:00-5:00</u>	6 Practice @ <u>6:30-8:00 PM AT LHS</u>	7 Practice @ <u>3:00-5:00</u>	8 Practice @ <u>3:00-5:00</u>	9
10	11 Practice @ <u>6:30-8:00 PM AT LHS</u>	12 Practice @ <u>3:00-5:00</u>	13 Practice @ <u>6:30-8:00 PM AT LHS</u>	14 Practice @ <u>3:00-5:00</u>	15 Practice @ <u>3:00-5:00</u>	16
17	18 Practice @ <u>6:30-8:00 PM AT LHS</u>	19 Practice @ <u>3:00-5:00</u>	20 Practice @ <u>6:30-8:00 PM AT LHS</u>	21 Practice @ <u>3:00-5:00</u>	22 Practice @ <u>3:00-5:00</u>	23
24	25 CHRISTMAS DAY NO PRACTICE	26 NO PRACTICE	27 Practice @ <u>LHS TBD</u> (2:00-3:30 PM)	28 Practice @ <u>LHS TBD</u> (2:00-3:30 PM)	29 Practice @ <u>LHS TBD</u> (2:00-3:30PM)	30
31						

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO PRACTICE	2 NO PRACTICE	3 Practice @ <u>6:30-8:00 PM</u> AT LHS	4 Practice @ <u>3:00-5:00 PM</u>	5 Practice @ <u>3:00-5:00 PM</u>	6 Meet vs. Wilson @ <u>LHS 10:00 AM</u>
7	8 Practice @ <u>3:00-5:00 PM</u>	9 Meet @ Two Rivers <u>4:00 PM</u>	10 Practice @ <u>6:30-8:00 PM</u> AT LHS	11 Meet @ LHS vs. Wilson, Valders <u>6:00 PM</u>	12	13
14	15 Practice @ <u>3:00-5:00 PM</u>	16 Meet @ LHS vs. Valders <u>4:00 PM</u>	17 Practice @ <u>6:30-8:00 PM</u> AT LHS	18 Meet @ Two Rivers <u>6:00 PM</u>	19	20
21	22 Practice @ <u>3:00-5:00 PM</u>	23 Meet @ Chilton vs. Wilson, Chilton <u>4:00 PM</u>	24 Practice @ <u>6:30-8:00 PM</u> AT LHS	25 Meet @ Valders vs. Valders, Chilton <u>4:00 PM</u>	26	27 Meet @ LHS vs. Wilson, Chilton, TR, Valders <u>1:00 PM</u> End of the season banquet after meet TBD
28	29	30	31			