

August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 First day of Practice Practice: 3:30pm-5pm	18 Practice: 3:30pm-5pm	19 Practice: 3:30pm-5pm	20 Practice: 3:30pm-5pm	21 Practice: 3:30pm-5pm	22
23	24 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	25 First day of Morning Practice: 5:30am-7am	26 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	27 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	28 Morning Practice: 5:30am-7am	29
30	31 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm					

September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Morning Practice: 5:30am-7am	2 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	3 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	4 Morning Practice: 5:30am-7am	5
6	7 OFF NO Practice Labor day	8 Morning Practice: 5:30am-7am	9 Brown Deer Dual Meet @ Brown Deer Meet Start: 6pm Warm ups: 5pm	10 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	11 Morning Practice: 5:30am-7am	12
13	14 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	15 Morning Practice: 5:30am-7am	16 Whitnall Dual Meet@ Whitnall High School Meet Start: 5pm Warm ups: 4pm	17 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	18 Morning Practice: 5:30am-7am	19
20	21 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	22 Morning Practice: 5:30am-7am	23 Milwaukee Lutheran Dual Meet @ Milwaukee Lutheran Meet Start: 5pm Warm ups: 4pm	24 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	25 Morning Practice: 5:30am-7am	26
27	28 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	29 Morning Practice: 5:30am-7am	30 Cudahy Dual Meet @ Cudahy High School Meet Start: 5pm Meet Warm ups: 4pm			

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	2 Morning Practice: 5:30am-7am	3
4	5 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	6 Morning Practice: 5:30am-7am	7 South Milwaukee Dual Meet@ South Milwaukee Meet Start: 5pm Warm ups: 4pm	8 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	9 Morning Practice: 5:30am-7am	10
11	12 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	13 Morning Practice: 5:30am-7am	14 Shorewood Dual Meet @ Shorewood Meet Start: 6pm Warm ups: 5pm	15 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	16 Morning Practice: 5:30am-7am	17
18	19 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	20 Varsity Morning Practice: 5:30am-7am JV: 6am-7am	21 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	22 JV Practice: 3:30pm-5pm Varsity Practice: 3:30-5:30pm	23 Morning Practice: 6am-7am Varsity Taper Starts	24
25	26 JV Practice: 3:30pm-5pm Varsity Practice:	27 Morning Practice: 6am-7am JV and Varsity	28 Practice: 3:30pm-5pm	29 JV Practice: 3:30pm-5pm Varsity Practice:	30 Varsity Practice: 6-7am JV conference Meet	31 Conference Meet @ Greenfield

November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice: 3:30pm-5pm	3 Morning Practice: 6am-7am	4 Practice: 3:30pm-5pm	5 Practice: 3:30pm-5pm (Eat a Carb dinner, Pasta is a great option with a side salad)	6 No Practice Rest (Like really rest)	7 Girls Sectional TBA
8	9 Practice: 3:30pm-5pm	10 Morning Practice: 6am-7am	11 Practice: 3:30pm-5pm	12 Practice: 3:30pm-5pm	13 Girls State TBA	14 Girls State TBA
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

EVENTS

Sectionals

This will be many of yours last meet. Prepare well, chocolate milk is great for post work out recovery. Make sure to bring snack to the sections. And Remember this is **Your** meet and have **Fun!!!**

State

If you make State this year we will work on a modified taper to get you ready and prepared for State!