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| V 90 90 south | DENVER SOUTH GIRLS SWIM & DIVE |

Head coach: Jordan Allen

Contact Information: jordan\_allen@dpsk12.org , 303-523-2116, <https://southswimming.weebly.com>

Dive Coach

Contact Information: debra\_swan@dpsk12.org

Program philosophy:

Denver South Swimming welcomes all levels of ability. Our inclusive program fosters a competitive culture where student athletes can develop physical and mental strength all while maintaining unity as a team.

Practice information:

Location: West High School (951 Elati St. Denver, CO)

Time: M-F (**Bus *leaves* South at 4:30** and will return back to South by 6:30)

\*There is a possibility that our practice times could change- I am coordinating with West to get the best practice time possible\*

Expectations:

* **Attend every practice and swim meet**. If you miss a practice you will not be eligible to swim in the following meet.
* **Communication is key**. If you have a scheduling conflict, send me an email before your absence from a practice or a meet.
* **Be on the Bus right at 4:30**. *We will have tutoring/study hall in classroom 142 after school.* Weight room work outs TBD
* **Be respectful** to teammates, competitors, volunteers, and coaches in and out of the pool.
* **School comes first.** You will not be able to compete with a failing grade.

Athletic Forms:

* All athletes must complete the Denver South athletic registration forms online: (<https://www.familyid.com/organizations/denver-south>)
* In order to swim on November 11th (first day of practice) you need the completed online registration, pay to play fee, and an updated physical. You can get physicals here at South. Schedule your appointment with Denver Health ASAP!

**November**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday  | Friday  |
| 31 | 1 | 2Pre-season 3:45-5:30 | 3 | 4 |
| 7 | 83:45-5:30 | 93:45-5:30 | 10**Athletic Forms DUE to the athletic office**3:45-5:30 | 11**First official day of practice (4:30-6:30)** |
| 14 | 15 | 16 | 17 | 18 |
| 21Fall Break 🡪Practice (10am-12) | 22Practice (10am-12) | 23 | 24 | 25 |
| 28 | 29 | 30 | 1 | 2Pentathlon meet @ Manual 4:15 |

**December**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday  | Tuesday  | Wednesday | Thursday  | Friday | Saturday  |
| 5 | 6 | 7Relay meet @ Manual 4:15 | 8**FUNDRAISER @ LARKBURGER 6:00-8:30** | 9 | 10 |
| 12 | 13 | 14Dual vs. Montbello @ Montbello 4:15 | 15 | 16 | 17Coaches Invite @ VMAC  |
| 19 | 20 | 21  | 22Winter Break 🡪 | 23 | 24 |
| 26 | 27 | 28 | 29 | 30 | 31 |

**January**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 2🡪 | 3 | 4 | 5 | 6 | 7 |
| 9Back to school Practice  | 10 | 11Tri vs. West and East @ Manual 4:15 | 12Dive Meet @ Manual | 13 | 14Smoky Hill Invite |
| 16 | 17 | 18Tri vs. TJ and GW @ GW 4:15 | 19 | 20 | 21 |
| 23 | 24 | 25Tri vs. North and Lincoln @ Lincoln | 26 | 27 | 28B League  |

**February**

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| --- | --- | --- | --- | --- | --- |
| Monday  | Tuesday | Wednesday | Thursday | Friday  | Saturday |
| 30 | 31 | 1 | 2A League prelims @ Manual 4:15 | 3A League Finals @ Manual 4:15 | 4 |
| 6 | 7 | 8 | 9 | 10State prelims  | 11State finals  |