

**COUGAR SWIMMING and DIVING 2010  
SEPTEMBER**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30 Div PM 3:00 - 4:30	Var AM 5:45 - 7:15 <b>@ DUB HEMP 6:00 PM HEMPSTEAD POOL</b> Bus leaves at 3:15	<b>NO AM Practice Tec Time</b> Var PM 3:00 - 5:30 JV PM 4:30 - 6:30 DIV PM 3:00 - 5:00	Div AM 5:45 - 7:15 Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30	Div AM 5:45 - 7:15 Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30	All Team Practice AM 8:00 - 11:00 Diving 6:30 - 8:00 AM
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Sleep Well Eat Well Be Well	<b>Labor Day</b> All Team Practice PM 4:30 - 6:30 DIV 8:00 - 9:30 AM	Var AM 5:45 - 7:15 <b>@ IC HIGH 6:00 PM MERCER POOL</b> Bus leaves 3:45	<b>NO AM Practice Tec Time</b> Var PM 3:00 - 5:30 JV PM 4:30 - 6:30 DIV PM 3:00 - 5:00	Div AM 5:45 - 7:15 Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30	Div AM 5:45 - 7:15 Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30	All Team Practice AM 8:00 - 11:00 Diving 6:30 - 8:00 AM
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Sleep Well Eat Well Be Well	Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30 Div PM 3:00 - 4:30	Var AM 5:45 - 7:15 PM 3:00 - 4:00 <b>@ Linn-Mar 6:00 PM COE COLLEGE</b> On Deck 4:45	<b>NO AM Practice Tec Time</b> Var PM 3:00 - 5:30 JV PM 4:30 - 6:30 DIV PM 3:00 - 5:00	Div AM 5:45 - 7:15 Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30	Div AM 5:45 - 7:15 Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30	<b>IC HIGH INVITE</b> <b>Diving 10:00 AM</b> <b>@ Coralville Rec</b> <b>Swimming 10:00</b> <b>AM @ Mercer</b> <b>Aquatic</b> <b>J-HAWK</b> <b>RELAYS 10:00</b> <b>AM FR/Soph JV</b> <b>Only</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
SWEWBW	Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30 Div PM 3:00 - 4:30	Var AM 5:45 - 7:15 PM 3:00 - 4:00 <b>Cedar Falls</b> <b>6:00 PM</b> <b>ON DECK 4:45</b> Warmup begins at 5:00	<b>NO AM Practice Tec Time</b> Var PM 3:00 - 5:30 JV PM 4:30 - 6:30 DIV PM 3:00 - 5:00	Div AM 5:45 - 7:15 Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30	Div AM 5:45 - 7:15 Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30	<b>COUGAR INV</b> <b>Diving 9:00 AM</b> <b>Swimming</b> <b>12:00 PM</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
SWEWBW	Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30 Div PM 3:00 - 4:30	Var AM 5:45 - 7:15 PM 3:00 - 4:00 <b>@ CR WASH</b> <b>6:00 PM</b> <b>ON DECK 4:45</b> Warmup begins at 5:00	<b>NO AM Practice Tec Time</b> Var PM 3:00 - 5:30 JV PM 4:30 - 6:30 DIV PM 3:00 - 5:00	Div AM 5:45 - 7:15 Var AM 5:45 - 7:15 PM 3:00 - 5:30 JV PM 4:30 - 6:30		

**John D Ross**  
**Rick Forrester**  
Holly Broadwater  
**Katie McKinnon**  
Leslie Nelson

**Head Coach**  
**Assn't Coach**  
**Assn't Coach**  
**Assn't Coach**  
**Diving Coach**

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