

PORTAGE CENTRAL SWIMMING TRAINING & MEET SCHEDULE						Aug 8- Sept 22	
						as of 7/8	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WK1	6	7	8	9	10	11	12
				8:00-10:30am	8:00-10:30am	8:00-10:30am	
			8:00-10:30am 1ST PRACTICE at Cms				
WK2	13	14	15	16	17	18	19
	8:00-10:30am	8:00-10:30am	8:00-10:30am	8:00-10:30am	8:00-10:30am	Parents Meeting 10AM	
	3-430PM Dryland	Code of Conduct 6:30pm CHS-GYM	3-430PM Dryland		3-430PM Dryland	Alumni Meet 6:00 PM	
WK3	20	21	22	23	24	25	26
	8:00-10:30am	8:00-10:30am	8:00-10:30am	8:00-10:30am	8:00-10:30am	Spartan RELAYS AT LAKEVIEW	
	3-430PM Dryland	Code of Conduct 7:00am CHS-GYM	3-430PM Dryland		3-430PM Dryland	9:00am Diving 1:00pm Swim Finals	
WK4	27	28	29	30	31	1	2
	Dryland (7-8am)	Swim (7-8am) Coldwater	AM OFF	Dryland (7-8am)	8:00-10:30am	8:00-10:30am	
	3:10-5:25	Away at 6:00pm Bus Leaves at 3:15	3:10-5:25	3:10-5:25			
WK5	3	4	5	6	7	8	9
	Labor Day	Dryland	AM Off	DRYLAND	AM Swim	8:00-10:30am	
	No practice	BC Central Home at 6:00pm	3:10-5:25	3:10-5:25	3:10-5:25		
WK6	10	11	12	13	14	15	16
	AM Swim	DRYLAND* PN	AM OFF	DRYLAND*	AM OFF	8:00-10:30am	
	3:10-5:25	Away at 6:00pm Bus Leaves at 4:30	3:10-5:25	3:10-5:25	3:10-5:25		
WK7	17	18	19	20	21	22	23
	AM Swim	DRYLAND*	AM Swim	DRYLAND* KC	OFF	Forest Hills Invite 12:30	
	3:10-5:25	3:10-5:25	3:10-5:25	Away at 6:00pm Bus Leaves: 4:15	3:10-5:25	Bus leaves-TBA	
	DRYLAND* this required for only returning swimmers/Invitation to 1st year				6-7 am on school days		
	AM Swim is invitation only						
	During school: PM practice 3:20-5:30 pm						

			How many chances do you have to do something...and then do it?	
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Train to excel		
Bring Calm Energy		
Have "Mustang Mettle"		
Embrace Challeges		
BE Competitive		
No		
Apologies		
For		
High		
Expectations		
What to eat:		
Before Practice:		
1/4 of PBJ or cheese		
& 1/3 of Gatoraide or H2O		
During Practice:		
2/3 of gatoraide		
Within 30 min after		
Practice:		
3/4 of PBJ or cheese		
Glass of Cho. Milk		
Hard boiled egg?		

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PORTAGE CENTRAL SWIMMING TRAINING & MEET SCHEDULE						Sept 26-Nov. 19	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WK8	26	27	28	29	30	1	2
	AM Swim	DRYLAND*		DRYLAND*	AM Swim	8-10:30am	
					1/2 Day of school		
	3:15-5:30	Bridgman Home at 6:00	3:15-5:30	3:15-5:30	11:30-1:30		
WK9	3	4	5	6	7	8	9
	AM Swim	DRYLAND*		DRYLAND*	AM Swim	8-10:30am	
		Loy Norrix Away at 6:00 Bus leaves at 4:20					
	3:15-5:30		3:15-5:30	3:15-5:30	3:15-5:30		
WK10	10	11	12	13	14	15	16
	AM Swim	DRYLAND*		Dryland	AM Swim	8-10:30am	
					1/2 of school		
	3:15-5:30	Lakeview Home at 6:00	3:15-5:30	3:15-5:30	Start Tights 3:15-5:30		
WK11	17	18	19	20	21	22	23
	AM Swim	DRYLAND*		DRYLAND*	AM Swim	8-10:30am	
		Mattawan Home at 6:00pm Sr. Night					
	3:15-5:30		3:15-5:30	3:15-5:30	3:15-5:30		
WK12	24	25	26	27	28	29	30
	AM Swim State	DRYLAND-State		DRYLAND-State	AM Swim-State	8-10:30am	
		St. Joe			1/2 Day of school		
	3:15-5:30	Away at 6:00 Bus Leaves -3:45	3:15-5:30	3:15-5:30	11:30-1:30		
WK13	31	1	2	3	4	5	6
	AM- State Folks	AM- State Folks			SMAC Prelims at BC Lakeview	SMAC Finals at BC Lakeview	
				Team Dinner	Bus leaves TBA	Bus leaves TBA	
	3:15-5:30	3:15-5:30	3:15-5:30	TBA	Swim Fast!	Swim Fast!	
WK14	7	8	9	10	11	12	13
	State Folks	State Folks	State Folks	State Folks	State Folks	State Folks TBA	
				Diving Reg.			
	3:15-5:30	3:15-5:30	3:15-5:30	3:15-5:30	3:15-5:30		
WK15	14	15	16	17	18	19	20
	State Folks	State Folks	State Folks	State Folks	State Prelims	State Finals	
				Leave for State	EMU	EMU	

					Noon	Noon	
	3:15-5:30	3:15-5:30	3:15-5:30		Swim Fast	Swim Faster	
	Fast	Swimming	Takes	Care	Of	Its	Self
	DRYLAND* this required for only returning swimmers						
	9/30 & 10/28 1/2 day for teachers/students			10/14 1/2 for students only			

Train to excel		
Bring Calm Energy		
Have "Mustang Mettle"		
Embrace Challenges		
Ain't No Mountain High		
Enough		
No		
Apologies		
For		
High		
Expectations		
What to eat:		
Before Practice:		
1/4 of PBJ or cheese		
& 1/3 of Gatorade		
During Practice:		
2/3 of Gatorade		
Within 30 min after		
Practice:		
3/4 of PBJ or cheese		
Glass of Cho. Milk		

PORTAGE CENTRAL SWIMMING TRAINING & MEET SCHEDULE

Sept 29-Nov. 7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WK7	19	20	21	22	23	24	25
		DRYLAND* W.Ottawan/Hol.Chris. Away at 6:00pm Bus leaves: 3:20		DRYLAND*	AM Swim		
WK8	26	27	28	29	30	1	2
		DRYLAND* St. Joe Home 6:00pm					
WK9	3	4	5	6	7	8	9
		DRYLAND* Mattawan at WMU Away at 6:00 Bus leaves: 4:20					
WK10	10	11	12	13	14	15	16
		DRYLAND* KC Home at 6:00			Start Tights		
WK11	17	18	19	20	21	22	23
	AM Swim	DRYLAND* BR	off	AM swim			
	AP/Kick		IM	sprint	AP/Kick	Off?	
WK12	24	25	26	27	28	29	30
	AM Swim	DRYLAND* PN	off	BCC DRYLAND* 2 x 8	AM Swim AP/Kick	8-10:30am 1 x 15 AP/sprint	
	AP/Kick	1x15 1 x6	IM/Sub AP	10 x 50 RP			
WK13	31	1	2	3	4	5	6
	Dryland	Swim	Dryland				
	AP/Kicking 2 x 12		Kicking/Sub AP 1 x 15	Drills/Tech	Prelims	Finals	

	7	8	9	10	11	12	13
	cyber/dryland		cyber/dryland		cyber/dryland	cyber/swim Off???	
	14	15	16	17	18	19	20
	cyber/dryland	sprint	sub/EZ		State Prelims at Holland	State Finals at Holland	
				Leave for State	Swim Fast!	Swim Faster	

Train to excel		
Bring Calm Energy		
Have "Mustang Mettle"		
Embrace Challeges		
No		
Apologies		
For		
High		
Expectations		
What to eat:		
Before Practice:		
1/4 of PBJ or cheese		
& 1/3 of Gatoraide		
During Practice:		
2/3 of gatoraide		
Within 30 min after		
Practice:		
3/4 of PBJ or cheese		
Glass of Cho. Milk		

PORTAGE CENTRAL SWIMMING TRAINING & MEET SCHEDULE						Sept 29-Nov. 7	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WK7	19	20	21	22	23	24	25
	AM Swim	DRYLAND*		DRYLAND*	AM Swim	8-10:30am	
		W.Ottawan/Hol.Chris.					
	3:15-5:30	Away at 6:00pm Bus leaves: 3:20	3:15-5:30	3:15-5:30	3:15-5:30		
WK8	26	27	28	29	30	1	2
	AM Swim	DRYLAND*		DRYLAND*	AM Swim	8-10:30am	
		St. Joe					
	3:15-5:30	Home 6:00pm	3:15-5:30	3:15-5:30	3:15-5:30		
WK9	3	4	5	6	7	8	9
	AM Swim	DRYLAND*		Dryland	AM Swim	8-10:30am	
		Mattawan at WMU				State only	
	3:15-5:30	Away at 6:00 Bus leaves: 4:20	3:15-5:30	3:15-5:30	3:15-5:30		
WK10	10	11	12	13	14	15	16
	AM Swim	DRYLAND*		DRYLAND*	Start Tights	8-10:30am	
		KC		2 x 8	AM Swim	1 x 15	
				10 x 50 RP	AP/Kick	AP/sprint	
	HQ/Kick	1x15 1 x6	IM/Sub AP				
WK11	17	18	19	20	21	22	23
	AM Swim	DRYLAND*		DRYLAND	AM Swim	8-10:30am	
		Bridgman/Lakeshore		1 x15		Dryland/cyber	
	AP/Kicking		Kicking/Sub AP	Drills/Tech	AP/Kick	Swim	
		2 x 12					
WK12	24	25	26	27	28	29	30
		PN		BCC		8-10:30am	
	cyber/dryland		cyber/dryland		cyber/dryland	cyber/swim	
WK13	31	1	2	3	4	5	6
	cyber/dryland	sprint	sub/EZ		Divisional Prelims at Bridgman TBA	Divisional Finals at Bridgman 2:00pm	
					Bus leaves TBA	Bus leaves 10:30am	
					Swim Fast!	Swim Faster	
	DRYLAND* this required for only returning swimmers						

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No		
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High		
Expectations		
What to eat:		
Before Practice:		
1/4 of PBJ or cheese		
& 1/3 of Gatoraide		
During Practice:		
2/3 of gatoraide		
Within 30 min after		
Practice:		
3/4 of PBJ or cheese		
Glass of Cho. Milk		

		PORTAGE CENTRAL SWIMMING TRAINING					June 18-July27	
		Summer Schedule			as of 5/17			
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WK1	18	19	20	21	22	23	24	
June			7:45-8:30 Dryland		7:45-8:30 Dryland			
	8:30-10 Swim	8:30-10 Swim	8:30-10 Swim	8:30-10 Swim	8:30-10 Swim			
WK2	25	26	27	28	29	30	1	
	7:45-8:30 Dryland		7:45-8:30 Dryland		7:45-8:30 Dryland			
	8:30-10 Swim	8:30-10 Swim	8:30-10 Swim	8:30-10 Swim	8:30-10 Swim			
WK3	2	3	4	5	6	7	8	
July	Dead week no practice	Dead week no practice	Dead week no practice	Dead week no practice	Dead week no practice			
WK4	9	10	11	12	13	14	15	
	7:45-8:30 Dryland		7:45-8:30 Dryland		7:45-8:30 Dryland			
	8:30-10 Swim	8:30-10 Swim	8:30-10 Swim	8:30-10 Swim	8:30-10 Swim			
WK5	16	17	18	19	20	21	22	
	7:45-8:30 Dryland		7:45-8:30 Dryland		7:45-8:30 Dryland			
	8:30-10 Swim	8:30-10 Swim	8:30-10 Swim	8:30-10 Swim	8:30-10 Swim			
WK6	23	24	25	26	27	28	29	
	7:45-8:30 Dryland		7:45-8:30 Dryland		7:45-8:30 Dryland			
	8:30-10 Swim	8:30-10 Swim	8:30-10 Swim	8:30-10 Swim	8:30-10 Swim			
WK7	30	31	1	2	3	4	5	
	OFF	OFF	OFF	OFF	OFF			
		How many chances do you have to do something...and then do it?						

2018 PORTAGE CENTRAL WOMEN'S SWIMMING & DIVING

as of 5/16					
DATE	OPPONENT	PLACE	TIME	Bus leaves	
8-Aug	First Practice	CHS	8:00AM		
18-Aug	Alumni Meet	Home	6:00 PM		
25-Aug	Spartan Relays@BCL	Away	1:00PM	10:45am	
28-Aug	Coldwater	Away	6:00PM	3:15 PM	
4-Sep	BC Central	Home	6:00PM		
11-Sep	Portage Northern HS	Away	6:00PM	4:15PM	
20-Sep	Kalamazoo Central	Away	6:00PM	4:10PM	
22-Sep	Forest Hills Invite.	Away	12:30 PM	TBA	
25-Sep	Bridgman/Lakeshore	Home	6:00PM		
2-Oct	Loy Norrix	Away	6:00PM	4:30PM	
9-Oct	BC Lakeview	Home	6:00PM		
16-Oct	Mattawan HS (Sr. Night)	Home	6:00PM		
20-Oct	West Ottawa	Home	10:30 AM		
23-Oct	Saint Joseph HS	Away	6:00PM	3:30PM	
2-Nov	SMAC Prelims TBA	TBA	10:00AM	TBA	
3-Nov	SMAC Finals TBA	TBA	12:00PM	TBA	
8-Nov	Diving Regionals	Away	TBA		
16-Nov	State Finals TBA	TBA	12:00PM	TBA	
17-Nov	State Finals TBA	TBA	12:00PM	TBA	
Coach: Jim Schafer					
Asst. Michelle Greene					
Diving Coach: Ollie Barnes					
Physicals are due by 8/10					

