

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 6:00 am – 7:30 am Parent Meeting Tryouts follow mtg. @ JCC	30 5:45 am – 7:30 am Tryouts @ JCC	31 5:45 am – 7:30 am Tryouts @ JCC	1 5:45 am – 7:30 am Tryouts @ JCC	2 5:45 am – 7:30 am Tryouts @ JCC	3	4
5 5:45 am – 7:30 am Practice	6 5:45 am – 7:30 am Practice	7 5:45 am – 7:30 am Practice	8 5:45 am – 7:30 am Practice	9 5:45 am – 7:30 am Practice	10	11
12 5:45 am – 7:30 am Practice @ JCC First Day of School	13 5:45 am – 7:30 am Practice @ JCC	14 5:45 am – 7:30 am Practice @ JCC	15 5:45 am – 7:30 am Practice @ JCC	16 5:45 am – 7:30 am Practice @ JCC	17 Rainbow River meet @ 7 am	18
19 5:45 am – 7:30 am Practice @ JCC	20 5:45 am – 7:30 am Practice @ JCC	21 5:45 am – 7:30 am Practice @ JCC	22 5:45 am – 7:30 am Practice @ JCC	23 5:45 am – 7:30 am Practice @ JCC	24 SAT Testing	25
26 5:45 am – 7:30 am Practice @ JCC	27 5:45 am – 7:30 am Practice @ JCC	28 5:45 am – 7:30 am Practice @ JCC	29 No Practice Freedom Meet @ 5:30p.m.	30 5:45 am – 7:30 am Practice @ JCC	31	

MEETS

Parent Mtg & Tryouts
Monday July 29 @ 6:00 A.M.
JCC
 13009 Community Campus Drive
 Tampa, FL 33625

Rainbow River
Aug 17th – 7 am
 more info soon

Freedom
Thursday Aug 29 @ 5:30 P.M.
 West Meadows
 8401 New Tampa Blvd,
 Tampa, FL 33647

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 Labor Day – No School – No Practice	3 5:45 am – 7:30 am Practice @ JCC	4 5:45 am – 7:30 am Practice @ JCC	5 No Practice Plant Meet @ 7:00 p.m.	6 5:45 am – 7:30 am Practice @ JCC	7 City Relays @ 8:00 am.	8
9 5:45 am – 7:30 am Practice @ JCC	10 5:45 am – 7:30 am Practice @ JCC	11 5:45 am – 7:30 am Practice @ JCC	12 No Practice Gaither Meet @ 7:00 p.m.	13 5:45 am – 7:30 am Practice @ JCC	14 ACT Testing	15
16 5:45 am – 7:30 am Practice @ JCC	17 5:45 am – 7:30 am Practice @ JCC	18 5:45 am – 7:30 am Practice @ JCC	19 No Practice Alonso, Leto, Plant Meet @ 7:00 p.m.	20 5:45 am – 7:30 am Practice @ JCC	21 Homecoming	22
23 5:45 am – 7:30 am Practice @ JCC	24 5:45 am – 7:30 am Practice @ JCC	25 No Practice Western Conference @ 2:00 p.m.	26 5:45 am – 7:30 am Practice @ JCC	27 5:45 am – 7:30 am Practice @ JCC	28 Car Wash (tentative) Steak & Shake or Culvers	29

MEETS

Plant
Thursday Sept 5 @ 7:00 P.M.
Bobby Hicks
 4120 W Mango Ave,
 Tampa, FL 33616

City Relays
Saturday, Sept 7 @ 8:00 A.M
Bobby Hicks
 4120 W Mango Ave,
 Tampa, FL 33616

Gaither
Thursday, Sept 12 @ 7:00 P.M
Bob Sierra YMCA
 4015 Ragg Rd,
 Tampa, FL 33624

Alonso, Leto, Plant
Thursday Sept 19 @ 7:00 P.M.
Bobby Hicks
 4120 W Mango Ave,
 Tampa, FL 33616

Western Conference
Wednesday, Sept 25 – 2:00 p.m.
Bobby Hicks
 4120 W Mango Ave,
 Tampa, FL 33616

Car Wash
 Sat, Sept 28 (tentative)
Steak & Shake ??

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 No Practice JCC Closed	1 5:45 am – 7:30 am Practice @ JCC	2 5:45 am – 7:30 am Practice @ JCC	3 5:45 am – 7:30 am Practice @ JCC	4 No Practice County Championship @ 1 p.m.	5 SAT Testing	6
7 5:45 am – 7:30 am Practice @ JCC	8 5:45 am – 7:30 am Practice @ JCC	9 No Practice JCC Closed	10 5:45 am – 7:30 am Practice @ JCC	11 5:45 am – 7:30 am Practice @ JCC	12 Howl-o-Scream	13
14 5:45 am – 7:30 am Practice @ JCC	15 No Practice Steinbrenner Meet @ 6:30 p.m. (Senior Night)	16 5:45 am – 7:30 am Practice @ JCC	17 5:45 am – 7:30 am Practice @ JCC	18 5:45 am – 7:30 am Practice @ JCC	19	20
21 5:45 am – 7:30 am Practice @ JCC	22 5:45 am – 7:30 am Practice @ JCC	23 5:45 am – 7:30 am Practice @ JCC	24 5:45 am – 7:30 am Practice @ JCC	25 5:45 am – 7:30 am Practice @ JCC	26 ACT Testing	27
28 5:45 am – 7:30 am Practice @ JCC	29 5:45 am – 7:30 am Practice @ JCC	30 5:45 am – 7:30 am Practice @ JCC	31 5:45 am – 7:30 am Practice @ JCC	1 Districts this week – usually Friday	2 SAT Testing	

MEETS

County Championships

Friday, Oct 4 – 1:00 p.m.

Bobby Hicks

4120 W Mango Ave,
Tampa, FL 33616

Howl Scream

Saturday, Oct 12

Steinbrenner

Thursday, Oct 15 @ 6:30 P.M

Cheval

4142 Cheval Blvd
Lutz, 33558

Districts

Oct 28-Nov 1 – Date/Time -TBA
Usually on Friday

Regionals

Nov 4 – 9 – Date/Time -TBA
Usually on Saturday

States

Fri Nov 15 – Time -
Saifish/Aquatic Ctr Stuart FL

Sickles Swim Banquet - TBA

Dec – Eagles Country Club