



November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
At all sign up meetings, the team swimsuit will be available for anyone to try on for proper sizing		1 Special Mass 3	2 Regular 6	3 Regular 3	4 Minimum 7	5
6	7 Meeting 2	8 Regular 5	9 Meeting 2 7:30 am National Signing Day	10 Regular 5	11 NO SCHOOL Faculty/Staff Development Day	12
13	14 All Periods Day 1	15 Regular 1	16 Meeting 5	17 Regular 1	18 Minimum 5	19
20	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL Thanksgiving	25 NO SCHOOL	26
27	28 All Periods Day 7	29 Regular 7 2 pm Sign up Meeting (SMCHS Pool Deck)	30 Meeting 4 1:45 pm Sign up Meeting (SMCHS Pool Deck)			



December 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
At all sign up meetings, the team swimsuit will be available for anyone to try on for proper sizing				1 Regular 7 2 pm Sign up Meeting (SMCHS Pool Deck)	2 Special 4	3
4	5 Regular 6	6 Regular 3 2 pm Sign up Meeting (SMCHS Pool Deck)	7 Meeting 7 1:45 pm Sign up Meeting (SMCHS Pool Deck)	8 Mass 3 2:15 pm Sign up Meeting (SMCHS Pool Deck)	9 All Periods Day 6	10
11	12 All Periods Day 5	13 Semester Exams (5, 6)	14 Semester Exams (7, 1)	15 Semester Exams (2, 3)	16 Semester Exam (4)	17
18	19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24
25 Christmas	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31



January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day	2 NO SCHOOL	3 Regular 4 2 pm Sign Up Meeting (SMCHS Pool Deck)	4 Meeting 1 1:45 pm Sign Up Meeting (SMCHS Pool Deck) 7 pm Parent Info Night @ (Science Lecture Hall)	5 Regular 4	6 Meeting 1	7
8	9 All Periods Day 3	10 Regular 3	11 Regular 7	12 Special 4	13 Minimum 7	14
15	16 NO SCHOOL MLK Day	17 Regular 2	18 Special 6	19 Regular 2	20 Meeting 6	21
22	23 All Periods Day 1	24 Regular 1	25 Meeting 5	26 Regular 1	27 Meeting 5	28
29	30 Regular 7	31 Mass 4				At all sign up meetings, the team swimsuit will be available for anyone to try on for proper sizing



February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Items in bold are swimming or diving meets	February 6 is the 1 st mandatory practice for all newcomers (optional for returning swimmers)	February 13 is the 1 st mandatory practice for all swimmers	1 Meeting 7	2 Regular 3	3 NO SCHOOL Faculty/Staff Service Day	4
5	6 All Periods Day 6 3-5 pm Practice (Newcomers)*	7 Regular 6 3-5 pm Practice (Newcomers)*	8 Meeting 3 3-5 pm Practice (Newcomers)*	9 Special 6 3-5 pm Practice (Newcomers) *	10 Regular 2 3-5 pm Practice (Newcomers)*	11
12	13 All Periods Day 5 3-5 pm Practice (All)*	14 Regular 5 3-5 pm Practice (All)*	15 Meeting 2 3-5 pm Practice (All)*	16 NO SCHOOL Faculty/Staff Development Day 3-5 pm Practice (All)*	17 NO SCHOOL 9-11 am Practice (All)*	18 1 pm Pentathlon @ SMCHS Pool
19	20 NO SCHOOL President's Day 9-11 am Practice (All)*	21 Regular 4 2:30-4 pm Team Photos (All) @ SMCHS 4-5 pm Practice (All)*	22 Mass 1 3-5 pm Practice (All)*	23 Regular 4 3-5 pm Practice (All)*	24 Rally 1 3-5 pm Practice (All)*	25 9 am Villa Park Relays (Girls) @ Villa Park HS 2 pm Villa Park Relays (Boys) @ Villa Park HS
26	27 Minimum 3 12:30-2 pm Team Retreat & Lunch (All) 2:30-4 pm Practice (All)	28 Special 6 7:15-8:00 am Dryland 4 pm Capo Relays Prelims (Girls) @ Capo Valley HS 3-5 pm Practice (All those not in today's relays)				Days with (*) mean practice could be moved to a different time depending on the girls' water polo season



March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Items in bold are swimming or diving meets			1 Regular 2 4 pm Capo Relays Prelims (Boys) @ Capo Valley HS 3-5 pm Practice (All those not in today's relays)	2 Regular 6 6:45-7:30 am Dryland 5 pm Capo Relays Finals (All) @ Capo Valley HS 3-5 pm Practice (All those not in today's relays)	3 All Periods Day 3 3-5 pm Practice (All)	4
5	6 All Periods Day 2 EAGLE GOLF CLASSIC 3-5 pm Practice (All)	7 Regular 2 6:45-7:30 am Dryland 3-5 pm Practice (All)	8 Meeting 6 3 pm vs. San Juan Hills HS (All) @ SMCHS Pool	9 Regular 2 6:45-7:30 am Dryland 3-5 pm Practice (All)	10 Meeting 6 3 pm SM Lower Level Invite Prelims (F/S & JV) @ SMCHS Pool	11 2 pm SM Lower Level Invite Finals (F/S & JV) @ SMCHS Pool
12	13 NO SCHOOL 9-11 am Practice (All)	14 Regular 1 6:45-7:30 am Dryland 3-5 pm Practice (All)	15 Regular 5 2 pm Team Faith Formation @ C111 & C113 (All) 3-5 pm Practice (All)	16 Rally 2 7:45-8:30 am Dryland 3:15 pm vs. Orange Lutheran HS (All) @ Santiago Canyon College	17 Minimum 5 9 am Mission Viejo Dive Invitational (Divers) @ MV Nadadores Pool 1-3 pm Practice (All)	18
19	20 All Periods Day 7 3-5 pm Practice (All)	21 Regular 7 6:45-7:30 am Dryland 3-5 pm Practice (All)	22 Meeting 4 3-5 pm Practice (All)	23 Special 7 7:15-8:00 am Dryland 3:15 pm vs. JSerra HS (All) @ SMCHS Pool	24 Regular 3 3-5 pm Practice (All)	25
26	27 Regular 6 3-5 pm Practice (All)	28 Regular 3 6:45-7:30 am Dryland 1:00 pm vs. Loyola\Marlborough\Harvard Westlake HS (Varsity & JV) @ USC 3-5 pm Practice (Open)	29 Special 7 3-5 pm Practice (All)	30 All Periods Day 3 6:45-7:30 am Dryland 3:15 pm vs. Servite\Rosary HS (All) @ SMCHS Pool	31 Meeting 3 3-5 pm Practice (All)	



April 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Items in bold are swimming or diving meets						¹ 10 am SM Diving Invitational (Divers) @ SMCHS Pool
2	3 Regular 5 3-5 pm Practice (All)	4 Regular 2 6:45-7:30 am Dryland 3-5 pm Practice (All)	5 Meeting 6 3:15 pm vs. Mater Dei HS (All) @ SMCHS Pool	6 Minimum 2 6:45-7:30 am Dryland 12:30-2:30 pm Practice (All)	7 NO SCHOOL Good Friday NO PRACTICE	8
9 Easter	10 NO SCHOOL 8-10 am Practice (All)	11 NO SCHOOL 7-7:45 am Dryland 8-10 am Practice (All)	12 NO SCHOOL 8-10 am Practice (All)	13 NO SCHOOL 7-7:45 am Dryland 8-10 am Practice (All not in today's meet) 3 pm Foothill Swim Games Prelims (Boys Varsity/JV) @ Foothill HS	14 NO SCHOOL 7 am Leave for CA Catholic Swim Invite (Varsity) 8-10 am Practice (All not in today's meet or on the travel trip) 3 pm Foothill Swim Games Prelims (Girls Varsity/JV) @ Foothill HS	15 10 am California Catholic Swim Invite @ Sacred Heart Prep HS Pool (Varsity) 10 am Foothill Swim Games Finals (Boys & Girls Varsity & JV) @ Foothill HS
16	17 All Periods Day 4 3-5 pm Practice (All)	18 Regular 4 6:45-7:30 am Dryland 3-5 pm Practice (All)	19 Meeting 1 3-5 pm Practice (All)	20 Regular 4 3 pm vs. Fountain Valley HS (All) @ SMCHS Pool (SENIOR DAY) 3:15 pm vs. St. John Bosco HS (Select Boys) @ St. John Bosco HS	21 Meeting 1 7:30 am National Signing Day 3-5 pm Practice (All)	22
23 ----- 30	24 All Periods Day 3 9 am Trinity League Dive Finals (Divers) @ MV Nadadores Pool 3-4:30 pm Practice (All) 4:30 pm Team Shave Down Dinner (All)	25 Regular 3 3-4 pm Practice (Boys) 4 pm Trinity League Swim Prelims (Girls) @ JSerra HS Pool	26 Mass 7 3-4 pm Practice (Girls) 4 pm Trinity League Swim Prelims (Boys) @ JSerra HS Pool	27 Regular 3 9:00 am CIF Dive Finals (Divers) @ Riverside City College 3-4:30 pm Practice (All)	28 Meeting 7 2 pm Trinity League Swim Finals (All) @ JSerra HS Pool	29



May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 All Periods Day 2 3-4:30 pm Practice (CIF Team)	2 Regular 2 3:30 pm State Qualifying (Divers) @ Riverside City College 3-4:30 pm Practice (CIF Team)	3 Mass 6 4 pm CIF Swim Prelims (CIF Team) @ Riverside City College	4 Regular 2 3-4:30 pm Practice (CIF Team)	5 Meeting 6 3 pm CIF Swim Finals (CIF Team) @ Riverside City College	6
7	8 All Periods Day 1 3-4:30 pm Practice (State Team)	9 Regular 1 3-4:30 pm Practice (State Team)	10 Meeting 5 3-4:30 pm Practice (State Team)	11 Regular 1 9:30 am State Champs (Boys Diving) @ Clovis West HS 2:30 pm State Champs (Girls Diving) @ Clovis West HS 2:30 pm Leave for State Champs (State Team)	12 Meeting 5 1 pm State Champs Swim Prelims (State Team) @ Clovis West HS	13 10:30 am State Champs Swim Finals (State Team) @ Clovis West HS
14	15 All Periods Day 7	16 Regular 7	17 Meeting 4	18 Regular 7	19 Meeting 4	20 10 am PAL Swim Championships @ SMCHS Pool
21	22 All Periods Day 7	23 Regular 6 Senior Semester Exams (7,1,2)	24 Meeting 3 Senior Semester Exams (3,4,5) 5 pm Banquet (San Francisco Solano Parish Hall)	25 Special Senior Semester Exam (6) Semester Exam (6) Prom	26 NO SCHOOL	27
28	29 NO SCHOOL Memorial Day	30 Special Semester Exams (7,1)	31 Special Semester Exams (2,3)			Items in bold are swimming or diving meets



June 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Special Semester Exam (4,5)	2 Graduation	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



July 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10 1-3 pm Swim Technique Camp	11 1-3 pm Swim Technique Camp	12 1-3 pm Swim Technique Camp	13 1-3 pm Swim Technique Camp	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					