

June 2024 – HWSA Dolphins – www.hwsadolphins.org – **NOT OFFICAL**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Volunteer Requirements for Spring/Summer season:

- Spring only must work 1 May dual meet
- Late Start/Summer only must work 1 June dual meet,
- Full season must work 1 May dual meet & 1 June dual meet.
- There is a \$100 fine for each missed session worked



1
Elite: 8:00a – 11:00a
G4: 8:00a – 11:00a
G3: 10:30a – 12:00p
G2: 10:30a – 11:45a
G1: 11:30a – 12:15p

2

3
at Palos Pool
Elite: 5:45a – 7:45a
Grp 4: 6:45a – 8:45a
Grp 3: 7:30a – 9:00a
Grp 2: 7:45a – 9:00a
Grp 1 8:15a – 9:00a

@ Stagg H.S.
G4/E: 3:45p – 6:00p
G1: 6:00p – 6:45p
G2: 6:30p – 7:45p
G3: 6:00p – 7:30p

4
at Palos Pool
Elite: 5:45a – 7:45a
Grp 4: 6:45a – 8:45a
Grp 3: 7:30a – 9:00a

@ Munster H.S.
Elite/4: 2:30p – 4:30p

@ Stagg H.S.
G4/E: 3:45p – 6:00p
G1: 6:00p – 6:45p
G2: 6:30p – 7:45p
G3: 6:00p – 7:30p

5
at Palos Pool
Elite: 5:45a – 7:45a
Grp 4: 6:45a – 8:45a
Grp 3: 7:30a – 9:00a
Grp 2: 7:45a – 9:00a
Grp 1 8:15a – 9:00a

@ Munster H.S.
Elite/4: 2:30p – 4:30p

@ Stagg H.S.
G4/E: 3:45p – 6:00p
G1: 6:00p – 6:45p
G2: 6:30p – 7:45p
G3: 6:00p – 7:30p

6
at Palos Pool
Elite: 5:45a – 7:45a
Grp 4: 6:45a – 8:45a
Grp 3: 7:30a – 9:00a

@ Stagg H.S.
G4/E: 3:45p – 6:00p

G1: 6:00p – 6:45p
G2: 6:30p – 7:45p
G3: 6:00p – 7:30p

7
at Palos Pool
Elite: 5:45a – 7:45a
Grp 4: 6:45a – 8:45a
Grp 3: 7:30a – 9:00a

@ Stagg H.S.
G4/E: 3:45p – 6:00p
G1: 6:00p – 6:45p
G2: 6:30p – 7:45p
G3: 6:00p – 7:30p

Des Moines Invite
W-Ups: 5:30p
Meet Starts: 6:30p

8
Des Moines Prelims
(13 & Overs)
W-Ups: 7:00a
Meet Starts: 8:00a
Final W-Up: 4:00p
Meet Starts: 5:00p

Rockford – RecPlex
(12 & Unders)
Arrive 7:45a
W-Ups: 8:00a
Meet Starts: 9:00a

9

Des Moines Prelims
(13 & Overs)
W-Ups: 7:00a
Meet Starts: 8:00a
Final W-Up: 4:00p
Meet Starts: 5:00p

Rockford – RecPlex
(12 & Unders)
Arrive 7:45a
W-Ups: 8:00a
Meet Starts: 9:00a

10
at Palos Pool
Elite: 5:45a – 7:45a
Grp 4: 6:45a – 8:45a
Grp 3: 7:30a – 9:00a
Grp 2: 7:45a – 9:00a
Grp 1 8:15a – 9:00a

@ Stagg H.S.
G4/E: 3:45p – 6:00p
G1: 6:00p – 6:45p
G2: 6:30p – 7:45p
G3: 6:00p – 7:30p

11
at Palos Pool
Elite: 5:45a – 7:45a
Grp 4: 6:45a – 8:45a
Grp 3: 7:30a – 9:00a

@ Munster H.S.
Elite/4: 2:30p – 4:30p

@ Stagg H.S.
G4/E: 3:45p – 6:00p
G1: 6:00p – 6:45p
G2: 6:30p – 7:45p
G3: 6:00p – 7:30p

12
at Palos Pool
Elite: 5:45a – 7:45a
Grp 4: 6:45a – 8:45a
Grp 3: 7:30a – 9:00a

@ Munster H.S.
Elite/4: 2:30p – 4:30p

@ Stagg H.S.
G4/E: 3:45p – 6:00p
G1: 6:00p – 6:45p
G2: 6:30p – 7:45p
G3: 6:00p – 7:30p

13
at Palos Pool
Elite: 5:45a – 7:45a
Grp 4: 6:45a – 8:45a
Grp 3: 7:30a – 9:00a

O.W. Central Zones
Clinic @ 3:00p

@ Stagg H.S.
G4/E: 3:45p – 6:00p
G1: 6:00p – 6:45p
G2: 6:30p – 7:45p
G3: 6:00p – 7:30p

14
at Palos Pool
Grp E/4: 6:45a – 8:45a
Grp 3: 7:30a – 9:00a

Six Flags Trip 13 & Overs

O.W. Central Zones
@ 7:00a

@ Stagg H.S.
G4/E: OFF
G1: 6:00p – 6:45p
G2: 6:30p – 7:45p
G3: 6:00p – 7:30p

15
at Palos Pool
Elite/4: 6:45a – 8:45a
Grp 3: 7:30a – 9:00a
Grp 2: 7:45a – 9:00a
Grp 1 8:15a – 9:00a
Team Breakfast right after practice at Palos Pool

<p>16</p>	<p>17 <u>at Palos Pool</u> Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a Grp 2: 7:45a – 9:00a Grp 1 8:15a – 9:00a</p> <p><u>@ Munster H.S.</u> Elite/4: 2:30p – 4:30p</p> <p><u>@ Stagg H.S.</u> G4/E: 3:45p – 6:00p G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p</p>	<p>18 <u>at Palos Pool</u> Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a</p> <p><u>Dual Meet</u> NAC @ HWSA at Palos Outdoor pool 50 LCM meet W-Ups: 4:00p Starts: 4:45p</p>	<p>19 <u>at Palos Pool</u> Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a Grp 2: 7:45a – 9:00a Grp 1 8:15a – 9:00a</p> <p><u>@ Stagg H.S.</u> G4/E: 3:45p – 6:00p G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p</p>	<p>20 <u>at Palos Pool</u> Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a</p> <p><u>@ Munster H.S.</u> Elite/4: 2:30p – 4:30p</p> <p><u>@ Stagg H.S.</u> G4/E: 3:45p – 6:00p G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p</p>	<p>21 <u>at Palos Pool</u> Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a</p> <p><u>Munster USS Meet</u> 1500 Session W-Ups: 1:30p PM Session W-Ups: 4:00p</p>	<p>22 <u>Munster USS Meet</u> AM Session HWSA at 6:45a W-Ups: 7:00a Starts: 8:00a (13 & Overs) PM Session HWSA at 11:15a W-Ups: 11:30a Starts: 12:30p (12 & unders)</p>
<p>23 <u>Munster USS Meet</u> AM Session HWSA at 6:45a W-Ups: 7:00a Starts: 8:00a (13 & Overs) PM Session HWSA at 11:15a W-Ups: 11:30a Starts: 12:30p (12 & unders)</p>	<p>24 <u>at Palos Pool</u> Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a Grp 2: 7:45a – 9:00a Grp 1 8:15a – 9:00a</p> <p><u>@ Munster H.S.</u> Elite/4: 2:30p – 4:30p</p> <p><u>@ Stagg H.S.</u> G4/E: 3:45p – 6:00p G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p</p>	<p>25 <u>at Palos Pool</u> Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a</p> <p><u>Dual Meet</u> HOSC @ HWSA at Palos Outdoor pool 50 LCM meet W-Ups: 4:00p Starts: 4:45p</p>	<p>26 AM off</p> <p><u>@ Munster H.S.</u> Elite/4: 2:30p – 4:30p</p> <p><u>@ Stagg H.S.</u> G4/E: 3:45p – 6:00p G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p</p>	<p>27 <u>at Palos Pool</u> Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a</p> <p><u>Open Water Meet</u> <u>@ Pleasant Prairie, WI</u> (see event page for more details) 3:00p</p> <p><u>@ Stagg H.S.</u> G4/E: 3:45p – 6:00p G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p</p>	<p>28 <u>at Palos Pool</u> Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a</p> <p><u>12 & Under Event</u></p> <p><u>@ Stagg H.S.</u> G4/E: 3:45p – 6:00p G1: No Practice G2: No Practice G3: No Practice</p>	<p>29 <u>at Palos Pool</u> Elite/4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a Grp 2: 7:45a – 9:00a Grp 1 8:15a – 9:00a</p>