

WARREN G. HARDING SWIMMING AND DIVING 2016-2017

2016

August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 BACK TO SCHOOL !!	25	26 FOOTBALL GAME Vs. E. Cleveland Shaw	27 FOOTBALL GAME JFK
28	29	30	31	01	02 FOOTBALL GAME Vs. Cleve. Hts.	03
04	05	Notes: MANDATORY MEETING IN COACH LUKCO'S ROOM WEDNESDAY SEPT 7th @ 2:45.				

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September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02	03
<ul style="list-style-type: none"> • Eat plenty of colorful foods. • Drink LOTS of water. • Get 8 hours of sleep per night. • Take a multivitamin 						
04	05 Labor Day	06	07 Mandatory Swim Team Meeting in Coach Lukco's Room @ 2:45	08	09	10
11	12 WGH 2:45-5:00	13 WGH 2:45-5:00	14 WGH 2:45-5:00	15 WGH 2:45-5:00	16 WGH 2:45-5:00	17
18	19 WGH 2:45-5:00	20 WGH 2:45-5:00	21 WGH 2:45-5:00	22 WGH 2:45-5:00	23 FOOTBALL GAME Vs. Ursuline WGH 2:45-5:00	24
25	26 WGH 2:45-5:00	27 WGH 2:45-5:00	28 WGH 2:45-5:00	29 WGH 2:45-5:00	30 WGH 2:45-5:00	01
02	03 WGH 2:45-5:00	<p>Notes:</p> <p style="text-align: center;">We get better by pushing ourselves and by pushing others!</p> <p style="text-align: center;">BE THE BEST YOU CAN BE – EVERYDAY!!</p>				

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October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	01
<ul style="list-style-type: none"> • Eat plenty of colorful foods. • Get 8 hours of sleep per night. 		<ul style="list-style-type: none"> • Drink LOTS of water. • Take a multivitamin. 		<ul style="list-style-type: none"> • DO YOUR HOMEWORK • GO TO SCHOOL 		WGH 9:00-11:00
02	03	04	05	06	07	08
	WGH 2:45-5:00	WGH 2:45-5:00	WGH 2:45-5:00	WGH 2:45-5:00	WGH 2:45-5:00	WGH 9:00-11:00
09	10	11	12	13	14	15
	WGH 2:45-5:00	WGH 2:45-5:00	WGH 2:45-5:00	WGH 2:45-5:00	NO SCHOOL FOOTBALL GAME Vs. Mooney WGH 9:00-11:00	Kelly Carlson Special Olympics LIFEGUARDS NEEDED
16	17	18	19	20	21	22
	WGH 2:45-5:00	WGH 2:45-5:00	WGH 2:45-5:00	WGH 2:45-5:00	FOOTBALL GAME Vs. East	WGH 9:00-11:00
23	24	25	26	27	28	29
	WGH 2:45-5:00	WGH 2:45-5:00	WGH 2:45-5:00	WGH 2:45-5:00	FOOTBALL GAME Vs. Howland	WGH 9:00-11:00
30	31	Notes: Commitment is a big part of what I am and what I believe. How committed are you to winning? How committed are you to being a good friend? To being trustworthy? To being successful, a good teammate, a good role model? There's that moment every morning when you look in the mirror: Are you committed, or are you not? – Lebron James				

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November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	01 WGH 2:45-5:00	02 WGH 2:45-5:00	03 WGH 2:45-5:00	04 WGH 2:45 - 4:00 M.S. Meet Beachwood, CVMS, WGH @ WGH 5:00 Meet	05 WGH 9:00-11:00
06	07 WGH 2:45-5:00	08 NO SCHOOL WGH 2:45-5:00	09 WGH 2:45-5:00	10 WGH 2:45-5:00 M.S. Meet WMS @ Solon 5:00 Meet 3:15 Bus	11 WGH 2:45-5:00	12 WGH 9:00-11:00
13	14 WGH 5:45-7:00 A.M. 2:45-5:00	15 WGH 2:45 - 4:00 M.S. Meet Beachwood, CVMS, WGH @ WGH 5:00	16 WGH 5:45-7:00 A.M. 2:45-5:00	17 WGH 2:45-5:00	18 WGH 5:45-7:00 A.M. 2:45-5:00	19 WGH 9:00-11:00
20	21 WGH 5:45-7:00 A.M. 2:45-5:00	22 WGH 2:45-5:00	23 NO SCHOOL WGH 9:00-11:00	24 HAPPY THANKSGIVING NO PRACTICE	25 ALUMNI MEET 3:00 WGH 9:00 – 11:00	26
27	28 WGH 5:45-7:00 A.M. 2:45-5:00	29 WGH 2:45-5:00	30 WGH 5:45-7:00 A.M. 2:45-5:00	01	02	03
04	05	Notes:				

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December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	01 WGH 2:45-5:00 CARBO LOADING PARTY @ 5:30	02 WGH 5:45-7:00 A.M. CFWJ, CF, BEA, WGH QUAD MEET@WGH 5:30 Meet	03 Boardman, Canfield, Wooster, WGH NEAC QUAD MEET@WGH 11:00 MEET
SOME PEOPLE WISH IT WOULD HAPPEN, SOME WANT IT TO HAPPEN AND SOME PEOPLE MAKE IT HAPPEN!! ~ Michael Jordan				08 WGH 2:45 - 5:00 M.S. Meet WMS @ Mayfield 5:00 Meet	09 WGH 5:45-7:00 A.M. 2:45-5:00	10 WGH vs. NEAC RELAY MEET @ WGH 2:00 Meet WMS @ Lakewood Invitational 9:00 Meet
04	05 WGH 5:45-7:00 A.M. 2:45-5:00	06 WGH, Kent, Perry @ Perry 5:00 Meet 2:45 Bus	07 WGH 5:45-7:00 A.M. 2:45-5:00	15 Parma, Alliance, Mooney, WGH @ WGH 5:30 Meet	16 WGH 5:45-7:00 A.M. 2:45-5:00	17 Hubbard, Howland, Liberty, WGH @ WGH 11:00 MEET
11	12 WGH 5:45-7:00 A.M. 2:45-5:00	13 WGH 2:45-5:00	14 WGH 5:45-7:00 A.M. 2:45-5:00	22 NO SCHOOL WGH 9:00-11:00 3:00-4:30	23 NO SCHOOL WGH 9:00-11:00 Poland, Fitch @ WGH 1:00 Meet	24 WGH 9:00-11:00
18	19 WGH 5:45-7:00 A.M. 2:45-5:00	20 WGH 2:45-5:00	21 WGH 5:45-7:00 A.M. 2:45-5:00	29 NO SCHOOL WGH 9:00-11:00 3:00-4:30	30 NO SCHOOL WGH 9:00-11:00	31 WGH 9:00-11:00
25	26 NO SCHOOL WGH 9:00-11:00	27 WGH, Massillon, Kent @ Glen Oak (CT Branin) 1:00 Meet	28 NO SCHOOL WGH 9:00-11:00	01	02	Notes:

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January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02 NO SCHOOL WGH 9:00-11:00	03 WGH 2:45-5:00	04 WGH 5:45-7:00 A.M. 2:45-5:00	05 WGH 2:45-5:00	06 WGH 5:45-7:00 A.M. 2:45-5:00	07 NEAC CHAMPIONSHIPS @ WOOSTER
08	09 WGH 5:45-7:00 A.M. 2:45-5:00	10 WGH 2:45-5:00	11 LAST A.M. PRACTICE !! WGH 5:45-7:00 A.M. 2:45-5:00	12 WGH 2:45-5:00	13 WGH 2:45-5:00	14 AAC Champs @ WGH 9:00 Diving 1:00 Swimming
15	16 WGH 2:45-5:00	17 WGH 2:45-5:00	18 WGH 2:45-5:00	19 WGH 2:45-5:00	20 Delaware Hayes @ WGH 1:00 Meet	21 Presidential Pentathlon Plus @ WGH 11:00 Meet
22	23 WGH 2:45-5:00	24 WGH 2:45-5:00	25 WGH 2:45-5:00	26 WGH 2:45-5:00	27 WGH 2:45-5:00	28 WGH, Edgewood, Lakeside @ SPIRE 10:30 Meet 8:30 Bus
29	30 WGH 2:45-5:00	31 WGH 2:45-5:00	01	02	03	04
<p>Don't forget on the 20th there will be a lock in for the Delaware Hayes & WGH Swimmers. We will need volunteers for this event!!</p>						
05	06	Notes:				

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February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	01	02	03	04
Be sure to stay hydrated and get plenty of rest during taper.			WGH 2:45-5:00	WGH 2:45-5:00	WGH 2:45-5:00	WGH 9:00-11:00
05	06	07	08	09	10	11
	WGH 2:45-5:00	WGH 2:45-5:00	WGH 2:45-5:00	WGH 2:45-5:00	WGH 2:45-4:30 CARBO LOADING PARTY @ 5:30	OHSAA Sectional Swim Meet @ TBA
12	13	14	15	16	17	18
	WGH 2:45-5:00	WGH 2:45-5:00	WGH 2:45-5:00	WGH 2:45-5:00	WGH 2:45-5:00	OHSAA NE District Swim Meet @ CSU
19	20	21	22	23	24	25
	WGH 2:45-5:00	WGH 2:45-5:00	WGH 2:45-5:00	WGH TBD	OHSAA State Swim Meet Prelims @ CT Branin	OHSAA State Swim Meet Finals @ CT Branin
26	27	28	01	02	03	04
	WHAT 5:00-7:00	WHAT 5:00-7:00	Once the OHSAA Season is over, High School Swimmers should be swimming with WHAT to prepare for the Lake Erie Championship Meets in March.			
05	06	Notes:				

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March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	01	02	03	04
			WHAT 5:00-7:00	WHAT 5:00-7:00	LESI SR. CHAMPIONSHIPS	LESI SR. CHAMPIONSHIPS
			05	06	07	08
LESI SR. CHAMPIONSHIPS	WHAT 5:00-7:00	WHAT 5:00-7:00	WHAT 5:00-7:00	WHAT 5:00-7:00	LESI Age Group CHAMPIONSHIPS	LESI Age Group CHAMPIONSHIPS
12	13	14	15	16	17	18
LESI Age Group CHAMPIONSHIPS						
19	20	21	22	23	24	25
26	27	28	29	30	31	01
02	03	Notes:				

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2017 April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	01	Notes:				

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2017 May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	01	02	03
04	05	Notes:				

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2017 June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	01
02	03	Notes:				

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2017 July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Notes:				

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