

June 2022 – HWSA Dolphins – www.hwsadolphins.org



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
@ Munster H.S.
Elite/4: 2:30p – 4:30p

@ Oak Forest H.S.
Grp 1: 6:00p – 6:45p
Grp 2: 6:00p – 7:15p
Grp 3: 6:45p – 8:15p

2
@ Munster H.S.
Elite/4: 2:30p – 4:30p

Grp 1: No Practice
Grp 2: No Practice
Grp 3: No Practice

3
@ Munster H.S.
Elite/4: 2:30p – 4:30p

4
@ Munster H.S.
Elite/4: 9:30a – 11:00a

5

6
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

@ Oak Forest H.S.
Grp 1: 6:00p – 6:45p
Grp 2: 6:00p – 7:15p
Grp 3: 6:45p – 8:15p

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

@ Oak Forest H.S.
Grp 1: 6:00p – 6:45p
Grp 2: 6:00p – 7:15p
Grp 3: 6:45p – 8:15p

8
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

@ Oak Forest H.S.
Grp 1: 6:00p – 6:45p
Grp 2: 6:00p – 7:15p
Grp 3: 6:45p – 8:15p

9
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

Grp 1: No Practice
Grp 2: No Practice
Grp 3: No Practice

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

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

11
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

Des Moines Prelims
W-Ups: 7:00a
Meet Starts: 8:00a

Final W-Up: 4:00p
Meet Starts: 5:00p

12
Des Moines Prelims
W-Ups: 7:00a
Meet Starts: 8:00a

Final W-Up: 4:00p
Meet Starts: 5:00p

13
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

@ Oak Forest H.S.
Grp 1: 6:00p – 6:45p
Grp 2: 6:00p – 7:15p
Grp 3: 6:45p – 8:15p

14
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

@ Oak Forest H.S.
Grp 1: 6:00p – 6:45p
Grp 2: 6:00p – 7:15p
Grp 3: 6:45p – 8:15p

15
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

@ Oak Forest H.S.
Grp 1: 6:00p – 6:45p
Grp 2: 6:00p – 7:15p
Grp 3: 6:45p – 8:15p

16
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

@ Oak Forest H.S.
Grp 1: 6:00p – 6:45p
Grp 2: 6:00p – 7:15p
Grp 3: 6:45p – 8:15p

17
at Palos Pool
Elite: 5:45a – 7:45a
Grp 4: 6:45a – 8:45a
Grp 3: 7:30a – 9:00a

O.W. Central Zones

18
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

<p>19</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 Grp 2: 7:45a – 9:00a Grp 1 8:15a – 9:00a</p> <p><u>@ Oak Forest H.S.</u> Grp 1: 6:00p – 6:45p Grp 2: 6:00p – 7:15p Grp 3: 6:45p – 8:15p</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 H.S.</u> Elite/4: 2:30p – 4:30p</p> <p><u>@ Oak Forest H.S.</u> Grp 1: 6:00p – 6:45p Grp 2: 6:00p – 7:15p Grp 3: 6:45p – 8:15p</p>	<p>22 <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>Dual Meet NAC @ HWSA at Palos Outdoor pool 50 LCM meet W-Ups: 4:00p Starts: 4:45p</p>	<p>23 <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>Grp 1: No Practice Grp 2: No Practice Grp 3: No Practice</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</p> <p><u>Munster USS Meet</u> 1500 Session W-Ups: 1:30p PM Session W-Ups: 4:00p</p>	<p>25 <u>Munster USS Meet</u> AM Session HWSA at 6:45a W-Ups: 7:00a (12 & unders) PM Session HWSA at 11:45a W-Ups: 12:00p (13 & Overs)</p>
<p>26 <u>Munster USS Meet</u> AM Session HWSA at 6:45a W-Ups: 7:00a (12 & unders) PM Session HWSA at 11:45a W-Ups: 12:00p (13 & Overs)</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 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>@ Oak Forest H.S.</u> Grp 1: 6:00p – 6:45p Grp 2: 6:00p – 7:15p Grp 3: 6:45p – 8:15p</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>Dual Meet HOSC @ HWSA at Palos Outdoor pool 50 LCM meet W-Ups: 4:00p Starts: 4:45p</p>	<p>29 AM off</p> <p><u>@ Munster H.S.</u> Elite/4: 2:30p – 4:30p</p> <p><u>@ Oak Forest H.S.</u> Grp 1: 6:00p – 6:45p Grp 2: 6:00p – 7:15p Grp 3: 6:45p – 8:15p</p>	<p>30 <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: 1:30p – 3:30p</p> <p>Grp 1: No Practice Grp 2: No Practice Grp 3: No Practice</p>		

July 2022 – HWSA Dolphins – www.hwsadolphins.org

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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

2
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

3



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
@ Oak Forest H.S.
Grp 1: 6:00p – 6:45p
Grp 2: 6:00p – 7:15p
Grp 3: 6:45p – 8:15p

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
@ Oak Forest H.S.
Grp 1: 6:00p – 6:45p
Grp 2: 6:00p – 7:15p
Grp 3: 6:45p – 8:15p

6
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
@ Oak Forest H.S.
Grp 1: 6:00p – 6:45p
Grp 2: 6:00p – 7:15p
Grp 3: 6:45p – 8:15p

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

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

Munster USS Meet

10

11
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
@ Oak Forest H.S.
Grp 1: 6:00p – 6:45p
Grp 2: 6:00p – 7:15p
Grp 3: 6:45p – 8:15p

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
@ Oak Forest H.S.
Grp 1: 6:00p – 6:45p
Grp 2: 6:00p – 7:15p
Grp 3: 6:45p – 8:15p

13
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
@ Oak Forest H.S.
Grp 1: 6:00p – 6:45p
Grp 2: 6:00p – 7:15p
Grp 3: 6:45p – 8:15p

14
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
@ Oak Forest H.S.
Grp 1: 6:00p – 6:45p
Grp 2: 6:00p – 7:15p
Grp 3: 6:45p – 8:15p

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

Illinois Regional Champs Meet

16
Illinois Regional Champs Meet

<p>17 Illinois Regional Champs Meet</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>@ Munster H.S.</u> Elite/4: 2:30p – 4:30p <u>@ Oak Forest H.S.</u> (backup if AM rain)</p> <p>Group 1 & 2 season over</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</p> <p><u>@ Oak Forest H.S.</u> (backup if AM rain)</p> <p>Group 1 & 2 season over</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 <u>@ Oak Forest H.S.</u> (backup if AM rain)</p> <p>Group 1 & 2 season over</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 H.S.</u> Elite/4: 2:30p – 4:30p <u>@ Oak Forest H.S.</u> (backup if AM rain)</p> <p>Group 1 & 2 season over</p>	<p>22 <u>at Palos Pool</u> Elite: 5:45a – 7:45a Grp 4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a</p> <p>Illinois AG Champs Meet</p>	<p>23 <u>at Palos Pool</u> Elite/4: 6:45a – 8:45a Grp 3: 7:30a – 9:00a</p> <p>Illinois AG Champs Meet</p>
<p>24 Illinois AG Champs Meet</p>	<p>25 <u>at Palos Pool</u> Elite/4: 6:30a – 8:15a</p>	<p>26 <u>at Palos Pool</u> Elite/4: 6:30a – 8:15a</p> <p>or</p> <p>ICSA Meet in St. Pete’s, FL</p>	<p>27 <u>at Palos Pool</u> Elite/4: 6:30a – 8:15a</p> <p>or</p> <p>ICSA Meet in St. Pete’s, FL</p>	<p>28 <u>at Palos Pool</u> Elite/4: 6:30a – 8:15a</p> <p>Illinois Senior Champs Meet</p> <p>or</p> <p>ICSA Meet in St. Pete’s, FL</p>	<p>29 Illinois Senior Champs Meet</p> <p>or</p> <p>ICSA Meet in St. Pete’s, FL</p>	<p>30 Illinois Senior Champs Meet</p> <p>or</p> <p>ICSA Meet in St. Pete’s, FL</p>
<p>31 Illinois Senior Champs Meet</p> <p>or</p> <p>ICSA Meet in St. Pete’s, FL</p>	<p><u>Aug. 1</u> <u>at Palos Pool</u> Elite/4: 6:30a – 8:15a - off season and OW State training</p>	<p><u>Aug. 2</u> <u>at Palos Pool</u> Elite/4: 6:30a – 8:15a - off season and OW State training</p>	<p><u>Aug. 3</u> <u>at Palos Pool</u> Elite/4: 6:30a – 8:15a - off season and OW State training</p>	<p><u>Aug. 4</u> <u>at Palos Pool</u> Elite/4: 6:30a – 8:15a - off season and OW State training</p>	<p><u>Aug. 5</u> <u>at Palos Pool</u> Elite/4: 6:30a – 8:15a - off season and OW State training</p>	<p><u>Aug. 6</u> <u>at Palos Pool</u> Elite/4: 6:30a – 8:15a - off season and OW State training</p>