



Newport Penguins Swim & Dive Team Program Summer 2022 Calendar



June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	30 Newport Memorial Day Parade! Team event- details provided via email	31 <u>Swim and Dive</u> Potential new team members readiness assessment: 6:30-7:30 pm 7:30-8:15 pm: returning 10 and unders 8:15-9:00 pm- returning 11 and overs	1 <u>Swim</u> 6:30-7:30 pm- 10 and unders 7:30-9:00 pm- 11 and overs <u>Dive</u> 5:30-7:30 pm at NKU	2 <u>Swim</u> 6:30-7:30 pm- 10 and unders 8:00-9:00 pm- 11 and overs <u>Dive</u> 6:30-9:00 pm	3	4 <u>Swim</u> 8:00-9:15 am: Gold 8:00-9:15 am: Silver 9:15-10:15 am: Bronze 9:15-10:15 am: Flippers Dive 8:00-9:30 am at NKU Lessons 10:30-11:00 am- Group 1 11:00-11:30 am- Group 2
5 Start and Turn Clinic 9:00-11:00 am	6 <u>Swim</u> 6:30-7:30 pm: Flippers 6:30-7:30 pm: Bronze 7:30-9:00 pm: Silver 7:30-9:00 pm: Gold <u>Dive</u> 6:30-9:00 pm MOCK MEET VOLUNTEER TRAINING- 7:00-8:00 pm	7 <u>Swim</u> 7:30-9:00 am: Gold 7:30-9:00 am: Silver 9:00-10:15 am: Bronze 9:00-10:15 am: Flippers Dive 8:00-10:30 am <u>Lessons</u> 10:30-11:00 am- Group 3 11:00-11:30 am- Group 4 <u>Dive Meet- Bluegrass @ Newport</u>	8 <u>Swim</u> 8:00-9:00 am: Gold 8:00-9:00 am: Silver 9:00-10:00 am: Bronze 9:00-10:00 am: Flippers <u>Dive</u> 5:30-7:30 pm at NKU	9 ALL TEAM 7:30-9:30 am: Gold/ Silver/Dive 8:30-9:30 am: Bronze/Flippers/Dive (first 15-20 minutes will include Gold/Senior Diver/Bronze and Silver/Flipper/Junior Diver pairings/activities) 9:30-10:15 am- ALL for Team Breakfast, Cheers, and Fun! Lessons 10:30-11:00 am- Group 3 11:00-11:30 am- Group 4 <u>Swim Meet @ Bluegrass</u>	10	11 <u>Swim</u> 8:00-9:15 am: Gold 8:00-9:15 am: Silver 9:15-10:15 am: Bronze 9:15-10:15 am: Flippers Dive 8:00-9:30 am at NKU Lessons 10:30-11:00 am- Group 1 11:00-11:30 am- Group 2
12	13 <u>Swim</u> 6:30-7:30 pm: Flippers 6:30-7:30 pm: Bronze 7:30-9:00 pm: Silver 7:30-9:00 pm: Gold <u>Dive</u> 6:30-9:00 pm	14 <u>Swim</u> 7:30-9:00 am: Gold 7:30-9:00 am: Silver 9:00-10:15 am: Bronze 9:00-10:15 am: Flippers Dive 8:00-10:30 am <u>Lessons</u> 10:30-11:00 am- Group 3 11:00-11:30 am- Group 4 <u>Dive Meet- Five Seasons @ Newport</u>	15 <u>Swim</u> 8:00-9:00 am: Gold 8:00-9:00 am: Silver 9:00-10:00 am: Bronze 9:00-10:00 am: Flippers <u>Dive</u> 5:30-7:30 pm at NKU	16 ALL TEAM 7:30-9:30 am: Gold/ Silver/Dive 8:30-9:30 am: Bronze/Flippers/Dive (first 15-20 minutes will include Gold/Senior Diver/Bronze and Silver/Flipper/Junior Diver pairings/activities) 9:30-10:15 am- ALL for Team Breakfast, Cheers, and Fun! Lessons 10:30-11:00 am- Group 3 11:00-11:30 am- Group 4 <u>Swim Meet @ Five Seasons</u>	17	18 <u>Swim</u> 8:00-9:15 am: Gold 8:00-9:15 am: Silver 9:15-10:15 am: Bronze 9:15-10:15 am: Flippers Dive 8:00-9:30 am at NKU Lessons 10:30-11:00 am- Group 1 11:00-11:30 am- Group 2
19 HAPPY FATHER'S DAY!	20 <u>Swim</u> 6:30-7:30 pm: Flippers 6:30-7:30 pm: Bronze 7:30-9:00 pm: Silver 7:30-9:00 pm: Gold <u>Dive</u> 6:30-9:00 pm	21 <u>Swim</u> 7:30-9:00 am: Gold 7:30-9:00 am: Silver 9:00-10:15 am: Bronze 9:00-10:15 am: Flippers Dive 8:00-10:30 am <u>Lessons</u> 10:30-11:00 am- Group 3 11:00-11:30 am- Group 4 <u>Dive Meet- Newport and Oakbrook @ Beechwood</u>	22 <u>Swim</u> 8:00-9:00 am: Gold 8:00-9:00 am: Silver 9:00-10:00 am: Bronze 9:00-10:00 am: Flippers <u>Dive</u> 5:30-7:30 pm at NKU	23 ALL TEAM 7:30-9:30 am: Gold/ Silver/Dive 8:30-9:30 am: Bronze/Flippers/Dive (first 15-20 minutes will include Gold/Senior Diver/Bronze and Silver/Flipper/Junior Diver pairings/activities) 9:30-10:15 am- ALL for Team Breakfast, Cheers, and Fun! Lessons 10:30-11:00 am- Group 3 11:00-11:30 am- Group 4 <u>Swim Meet- Newport and Beechwood @ Oakbrook</u>	24	25 PENGUIN SWIM PALOOZA!!! 8:00-10:00 am Vet's Pool PENGUIN DIVE PALOOZA!!! 8:00-9:30 am at NKU Lessons 10:30-11:00 am- Group 1 11:00-11:30 am- Group 2



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July 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 Start and Turn Clinic 9:00-11:00 am	27 <u>Swim</u> 6:30-7:30 pm: Flippers 6:30-7:30 pm: Bronze 7:30-9:00 pm: Silver 7:30-9:00 pm: Gold <u>Dive</u> 6:30-9:00 pm	28 <u>Swim</u> 7:30-9:00 am: Gold 7:30-9:00 am: Silver 9:00-10:15 am: Bronze 9:00-10:15 am: Flippers <u>Dive</u> 8:00-10:30 am <u>Lessons</u> 10:30-11:00 am- Group 5 11:00-11:30 am- Group 6 <i>Dive Meet- Newport @ Brookwood</i>	29 <u>Swim</u> 8:00-9:00 am: Gold 8:00-9:00 am: Silver 9:00-10:00 am: Bronze 9:00-10:00 am: Flippers <u>Dive</u> 5:30-7:30 pm at NKU	30 <u>ALL TEAM</u> 7:30-9:30 am: Gold/ Silver/Dive 8:30-9:30 am: Bronze/Flippers/Dive (first 15-20 minutes will include Gold/Senior Diver/Bronze and Silver/Flipper/Junior Diver pairings/activities) 9:30-10:15 am- ALL for Team Breakfast, Cheers, and Fun! <u>Lessons</u> 10:30-11:00 am- Group 5 11:00-11:30 am- Group 6 <i>Swim Meet- Brookwood @ Newport</i>	1	2 <u>Swim</u> 8:00-9:15 am: Gold 8:00-9:15 am: Silver 9:15-10:15 am: Bronze 9:15-10:15 am: Flippers <u>Dive</u> 8:00-9:30 am at NKU <u>Lessons</u> 10:30-11:00 am- Group 1 11:00-11:30 am- Group 2
3	4 Happy 4th of July!	5 <u>Swim</u> <u>Swim</u> 7:30-9:00 am: Gold 7:30-9:00 am: Silver 9:00-10:15 am: Bronze 9:00-10:15 am: Flippers <u>Dive</u> 8:00-10:30 am <u>Lessons</u> 10:30-11:00 am- Group 5 11:00-11:30 am- Group 6 <i>Dive Meet- Newport @ Fort Thomas</i>	6 <u>Swim</u> 8:00-9:00 am: Gold 8:00-9:00 am: Silver 9:00-10:00 am: Bronze 9:00-10:00 am: Flippers <u>Dive</u> 5:30-7:30 pm at NKU	7 <u>ALL TEAM</u> 7:30-9:30 am: Gold/ Silver/Dive 8:30-9:30 am: Bronze/Flippers/Dive (first 15-20 minutes will include Gold/Senior Diver/Bronze and Silver/Flipper/Junior Diver pairings/activities) 9:30-10:15 am- ALL for Team Breakfast, Cheers, and Fun! <u>Lessons</u> 10:30-11:00 am- Group 5 11:00-11:30 am- Group 6 <i>Swim Meet- Fort Thomas @ Newport-</i> Bresser Scholarship Swim Party after meet until 11 pm	8	9 <u>Swim</u> 8:00-9:15 am: Gold 8:00-9:15 am: Silver 9:15-10:15 am: Bronze 9:15-10:15 am: Flippers <u>Dive</u> 8:00-9:30 am at NKU <u>Lessons</u> 10:30-11:00 am- Group 1 11:00-11:30 am- Group 2
10	11 <u>Swim</u> 6:30-7:30 pm: Flippers 6:30-7:30 pm: Bronze 8:00-9:00 pm: Silver 8:00-9:00 pm: Gold <u>Dive</u> 6:30-9:00 pm Parent Relays- 7:30 pm	12 <u>Swim</u> 7:30-9:00 am: Gold 7:30-9:00 am: Silver 9:00-10:15 am: Bronze 9:00-10:15 am: Flippers <u>Dive</u> 8:00-10:30 am <u>Lessons</u> 10:30-11:00 am- Group 5 11:00-11:30 am- Group 6 <i>Dive Meet- Newport and Florence @ Taylor Mill</i>	13 <u>Swim</u> 8:00-9:00 am: Gold 8:00-9:00 am: Silver 9:00-10:00 am: Bronze 9:00-10:00 am: Flippers <u>Dive</u> 5:30-7:30 pm at NKU	14 <u>ALL TEAM</u> 7:30-9:30 am: Gold/ Silver/Dive 8:30-9:30 am: Bronze/Flippers/Dive (first 15-20 minutes will include Gold/Senior Diver/Bronze and Silver/Flipper/Junior Diver pairings/activities) 9:30-10:15 am- ALL for Team Breakfast, Cheers, and Fun! <u>Lessons</u> 10:30-11:00 am- Group 5 11:00-11:30 am- Group 6 <i>Swim Meet- Florence and Taylor Mill @ Newport</i>	15	16 NKSL CHAMPIONSHIP DIVING CLASSIC HOSTED AT NEWPORT 8:00 AM-2:00 PM <u>Dive Champ Practice</u> 8:00-9:30 am at NKU



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
17 Champ Swim Start and Turn Clinic 9:00-11:00 am	18 Champ Swim Practice 6:30-8:00 pm: ALL Dive Champ Practice 6:30-9:00 pm NKSL CHAMPIONSHIP SWIMMING CLASSIC @ FORT THOMAS	19 Dive Champ Practice 8:30-11:30 am CHAMP MEET SWIM PRELIMS @ OAKBROOK	20 Dive Champ Practice 8:00-10:00 am CHAMP MEET SWIM FINALS @ OAKBROOK	21 Girls Dive Champ Practice 8:30-10:00 am CHAMP MEET DIVE BOYS @ BLUEGRASS	22 CHAMP MEET DIVE GIRLS @ BLUEGRASS	23 Penguins 2022 Team Banquet!!! 6-9 pm at Veteran's Pool

Team Practice Groups: Placements are made solely at the discretion of the coaching staff

Flippers- developing skills needed for competition; focus on basic stroke competency

Bronze- mix of stroke work with some initial endurance development

Silver- advanced stroke, start and turn technique, with an endurance focus

Gold- seasoned competition swimmers, Team leaders

Diving: For swimmers, practice opposite your scheduled swim practice. For non-swimmers, ask Coach Joey. Note off-site dive practices in **red**.

Championship Meet Selection:

Selections will be made by the coaches immediately prior to the entry deadlines for each meet. All families with children participating in championship meets will be required to volunteer at championship meets after the volunteer schedules for the meets are provided.

Swim Lessons:

In 2022, the Team will offer 6 sessions of swim lessons during the summer are as follows:

Group 1- Saturday mornings, 10:30-11:00 am, June 4-July 9

Group 2- Saturday mornings, 10:30-11:00 am, June 4-July 9

Group 3- Tuesday and Thursday mornings, 10:30-11:00 am, June 7-June 23

Group 4- Tuesday and Thursday mornings, 11:00-11:30 am, June 7-23

Group 5- Tuesday and Thursday mornings, 10:30-11:00 am, June 28-July 14

Group 6- Tuesday and Thursday mornings, 11:00-11:30 am, June 28-July 14

Each session is filled on a first come basis and has a limited number of spots. Swim lessons are free to all Newport and Campbell County residents.