



Newport Penguins Swim & Dive Team Program Summer 2021 Calendar

*Please refer to the Team's COVID-19 Health and Safety Protocols prior to each practice, meet, and event.
All COVID-19 protocols must be followed by all families and athletes at all times. Thank you for your cooperation.*

June 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<h1 style="color: blue;">Welcome Back Penguins!</h1>	1 <u>Swim</u> Potential new team members readiness assessment: 6:15-6:45 pm 7:00-7:45 pm: returning 8 and unders 7:00-7:45 pm: returning 9-10s 8:00-9:00 pm: returning 11-12s 8:00-9:00 pm: returning 13 and overs NOTE- returning athletes will be placed into their groups for practices beginning 6/2 <u>Dive</u> 6:15-9:00 pm	2 <u>Swim</u> 6:15-7:00 pm: Flippers 7:00-7:45 pm: Bronze 7:45-9:00 pm: Silver 7:45-9:00 pm: Gold <u>Dive</u> 5:30-7:30 pm at NKU	3 <u>Swim</u> 6:15-7:00 pm: Flippers 7:00-7:45 pm: Bronze 7:45-9:00 pm: Silver 7:45-9:00 pm: Gold <u>Dive</u> 6:15-9:00 pm	4	5 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-10:00 am at NKU TEAM BREAKFAST & FIRST PEP RALLY FOR FIVE SEASONS MEETS! Vet's Picnic Area Bronze- 9:00 am Gold & Silver- 9:45 am Flippers- 10:15 am Dive- 10:30 am
6	7 <u>Swim</u> 6:15-7:00 pm: Flippers 7:00-7:45 pm: Bronze 7:45-9:00 pm: Silver 7:45-9:00 pm: Gold <u>Dive</u> 6:15-9:00 pm Team Surprise at Practice!	8 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-11:30 am Dive Meet @ Newport	9 <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	10 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-11:30 am Swim Meet @ Five Seasons	11	12 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-10:00 am at NKU PARENT EVENT- TBD
13	14 <u>Swim</u> 6:15-7:00 pm: Flippers 7:00-7:45 pm: Bronze 7:45-9:00 pm: Silver 7:45-9:00 pm: Gold <u>Dive</u> 6:15-9:00 pm	15 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-11:30 am No Dive Meet- Bye Week	16 <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	17 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-11:30 am No Swim Meet- Bye Week	18	19 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-10:00 am at NKU TEAM BREAKFAST & PEP RALLY FOR FORT THOMAS MEETS! Vet's Picnic Area Bronze- 9:00 am Gold & Silver- 9:45 am Flippers- 10:15 am Dive- 10:30 am
20	21 <u>Swim</u> 6:15-7:00 pm: Flippers 7:00-7:45 pm: Bronze 7:45-9:00 pm: Silver 7:45-9:00 pm: Gold <u>Dive</u> 6:15-9:00 pm	22 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-11:30 am Dive Meet @ Newport	23 <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	24 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-11:30 am Swim Meet @ Fort Thomas	25	26 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-10:00 am at NKU



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July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 <u>Swim</u> 6:15-7:00 pm: Flippers 7:00-7:45 pm: Bronze 7:45-9:00 pm: Silver 7:45-9:00 pm: Gold <u>Dive</u> 6:15-9:00 pm	29 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-11:30 am Dive Meet @ Newport	30 <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	1 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-11:30 am Swim Meet @ Newport	2	3 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-10:00 am at NKU
4 Happy 4th of July!	5 <u>Swim</u> 6:15-7:00 pm: Flippers 7:00-7:45 pm: Bronze 7:45-9:00 pm: Silver 7:45-9:00 pm: Gold <u>Dive</u> 6:15-9:00 pm Team Surprise at Practice!	6 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-11:30 am Dive Meet @ Brookwood	7 <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	8 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-11:30 am Swim Meet @ Newport	9	10 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-10:00 am at NKU TEAM BREAKFAST & PEP RALLY FOR OAKBROOK MEETS! Vet's Picnic Area Bronze- 9:00 am Gold & Silver- 9:45 am Flippers- 10:15 am Dive- 10:30 am
11	12 <u>Swim</u> 6:15-7:00 pm: Flippers 7:00-7:45 pm: Bronze 7:45-9:00 pm: Silver 7:45-9:00 pm: Gold <u>Dive</u> 6:15-9:00 pm	13 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-11:30 am Dive Meet @ Newport	14 <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	15 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-11:30 am Swim Meet @ Oakbrook	16	17 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-10:00 am at NKU PARENT EVENT- TBD
18	19 <u>Swim</u> 6:15-7:00 pm: Flippers 7:00-7:45 pm: Bronze 7:45-9:00 pm: Silver 7:45-9:00 pm: Gold <u>Dive</u> 6:15-9:00 pm	20 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive</u> 8:30-11:30 am Dive Meet @ Taylor Mill	21 <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 ALL STAR DIVE MEET @ OAKBROOK	22 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Champ Dive Practice</u> 8:30-11:30 am Swim Meet @ Newport	23	24 <u>Swim</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Champ Dive Practice</u> 8:30-10:00 am at NKU CHAMP WEEK TEAM BREAKFAST & PEP RALLY! Vet's Picnic Area Bronze- 9:00 am Gold & Silver- 9:45 am Flippers- 10:15 am Dive- 10:30 am
25	26 ALL STAR SWIM MEET @ FIVE SEASONS HOSTED BY FLORENCE <u>Champ Dive Practice</u> 6:15-9:00 pm	27 <u>Swim Champ Practice</u> 8:30-9:45 am: Gold 8:30-9:45 am: Silver 9:45-10:45 am: Bronze 10:45-11:30 am: Flippers <u>Dive Champ Practice</u> 8:30-11:30 am CHAMP MEET DIVE BOYS @ BEECHWOOD	28 <u>Swim Champ Practice</u> 8:00-10:00 am: ALL <u>Dive Girls Champ Practice</u> 8:00-10:00 am CHAMP MEET DIVE GIRLS @ BEECHWOOD	29 CHAMP MEET SWIM PRELIMS @ TAYLOR MILL	30 CHAMP MEET SWIM FINALS @ TAYLOR MILL	31 Penguins 2021 Team Banquet!!! 6-9 pm at Veteran's Pool



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

Flippers- beginning 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.

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.