



Newport Penguins Swim & Dive Team Program Summer 2022 Calendar



| June 2022 | | | | | | |
|--|--|---|--|--|-----------|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 30 Newport Memorial Day Parade! <i>Team event- details provided via email</i> | 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 Lessons 10:30-11:00 am- Group 3 11:00-11:30 am- Group 4 Dive Meet- Bluegrass @ Newport | 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 Dive 5:30-7:30 pm at NKU | 9 <u>Swim</u> 7:30-9:30 am: Gold/ Silver 8:30-9:30 am: Bronze/Flippers 9:30-10:15 am- ALL for Team Fun! <u>Dive</u> 8:00-10:30 am Lessons 10:30-11:00 am- Group 3 11:00-11:30 am- Group 4 Swim Meet @ Bluegrass | 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 Lessons 10:30-11:00 am- Group 3 11:00-11:30 am- Group 4 Dive Meet- Five Seasons @ Newport | 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 Dive 5:30-7:30 pm at NKU | 16 <u>Swim</u> 7:30-9:30 am: Gold/ Silver 8:30-9:30 am: Bronze/Flippers 9:30-10:15 am- ALL for Team Fun! <u>Dive</u> 8:00-10:30 am Lessons 10:30-11:00 am- Group 3 11:00-11:30 am- Group 4 Swim Meet @ Five Seasons | 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 Start and Turn Clinic 9:00-11:00 am | 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 Lessons 10:30-11:00 am- Group 3 11:00-11:30 am- Group 4 Dive Meet- Newport and Oakbrook @ Beechwood | 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 Dive 5:30-7:30 pm at NKU | 23 <u>Swim</u> 7:30-9:30 am: Gold/ Silver 8:30-9:30 am: Bronze/Flippers 9:30-10:15 am- ALL for Team Fun! <u>Dive</u> 8:00-10:30 am Lessons 10:30-11:00 am- Group 3 11:00-11:30 am- Group 4 Swim Meet- Newport and Beechwood @ Oakbrook | 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 |



Newport Penguins Swim & Dive Team Program
Summer 2022 Calendar



July 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|---|---|--|
| 26 | 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>Swim</u> 7:30-9:30 am: Gold/ Silver 8:30-9:30 am: Bronze/Flippers 9:30-10:15 am- ALL for Team Fun! <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>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 <p style="text-align: center;">Happy 4th of July!</p> | 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>Swim</u> 7:30-9:30 am: Gold/ Silver 8:30-9:30 am: Bronze/Flippers 9:30-10:15 am- ALL for Team Fun! <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>Swim Meet- Fort Thomas @ Newport</i> <i>Bresser Scholarship Swim Party after meet until 11 pm</i> | 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>Swim</u> 7:30-9:30 am: Gold/ Silver 8:30-9:30 am: Bronze/Flippers 9:30-10:15 am- ALL for Team Fun! <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>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 |
| 17 Champ Swim Start and Turn Clinic 9:00-11:00 am | 18 <u>Champ Swim Practice</u> 6:30-8:00 pm: ALL <u>Dive Champ Practice</u> 6:30-9:00 pm NKSL CHAMPIONSHIP SWIMMING CLASSIC @ FORT THOMAS | 19 <u>Dive Champ Practice</u> 8:30-11:30 am CHAMP MEET SWIM PRELIMS @ OAKBROOK | 20 <u>Dive Champ Practice</u> 8:00-10:00 am CHAMP MEET SWIM FINALS @ OAKBROOK | 21 <u>Girls Dive Champ Practice</u> 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 |



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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.