



Newport Penguins Swim & Dive Team, Junior Penguins Team, and Swim Lessons Program Summer 2020 Calendar



May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
24	25 Memorial Day Parade! Meet at Campbell County Courthouse at 8:15 a.m. Wear Penguins shirts and walking shoes!	26 <u>Team Readiness Assessment-</u> ALL potential new Team members: 6:15-7:00 pm <u>Swim- Group Assignments</u> 7:00-8:30 pm- ALL returning Team members <u>Dive</u> 7:00-8:30 pm- ALL returning Team members	27 <u>Swim</u> 6:15-7:00 pm: Penguins 6:15-7:00 pm: Bronze 7:00-8:15 pm: Silver 7:00-8:30 pm: Gold <u>Dive</u> 6:15--8:30 pm	28 <u>Swim</u> 6:15-7:00 pm: Penguins 6:15-7:00 pm: Bronze 7:00-8:15 pm: Silver 7:00-8:30 pm: Gold <u>Dive</u> 6:15--8:30 pm	29	30 <u>Swim</u> 9:00-10:00 am: Gold 9:00-10:00 am: Silver 10:00-10:45 am: Bronze 10:00-10:45 am: Penguins 10:45-11:30 am: Junior Team <u>Dive</u> 11:30 am-1:00 pm at NKU <u>Swim Lessons- A -</u> 11:30 am-12:00 pm

June 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 <u>Swim</u> 6:15-7:00 pm: Penguins 6:15-7:00 pm: Bronze 7:00-8:15 pm: Silver 7:00-8:30 pm: Gold <u>Dive</u> 6:15--8:30 pm	2 <u>Swim</u> 6:15-7:00 pm: Penguins 6:15-7:00 pm: Bronze 7:00-8:15 pm: Silver 7:00-8:30 pm: Gold <u>Dive</u> 6:15--8:30 pm	3 <u>Swim</u> 6:15-7:00 pm: Penguins 6:15-7:00 pm: Bronze 7:00-8:15 pm: Silver 7:00-8:30 pm: Gold <u>Dive</u> 6:15--8:30 pm	4 <u>Swim</u> 6:15-7:00 pm: Penguins 6:15-7:00 pm: Bronze 7:00-8:15 pm: Silver 7:00-8:30 pm: Gold <u>Dive</u> 6:15--8:30 pm	5	6 <u>Swim</u> 9:00-10:00 am: Gold 9:00-10:00 am: Silver 10:00-10:45 am: Bronze 10:00-10:45 am: Penguins 10:45-11:30 am: Junior Team <u>Dive</u> 11:00 am-1:00 pm at NKU <u>Swim Lessons- A -</u> 11:30 am-12:00 pm
7	8 <u>Swim</u> 6:15-7:00 pm: Penguins 6:15-7:00 pm: Bronze 7:00-8:15 pm: Silver 7:00-8:30 pm: Gold <u>Dive</u> 6:15--8:30 pm	9 <u>Swim</u> 8:30-9:30 am: Gold 8:30-9:30 am: Silver 9:30-10:15 am: Bronze 9:30-10:15 am: Penguins 10:15-11:00 am: Junior Team <u>Dive</u> 9:00-11:00 am <u>Swim Lessons- 21st Cen- 11:00-11:30 am</u> <u>Swim Lessons- B -11:30 am-12:00 pm</u> <u>Dive Meet @ Newport</u>	10 <u>Swim</u> 8:30-9:30 am: Gold 8:30-9:15 am: Silver 9:15-10:00 am: Bronze 9:15-10:00 am: Penguins <u>Dive</u> 8:30-10:00 am	11 <u>Swim</u> 9:00-10:15 am: Gold 9:00-10:15 am: Silver 10:15-11:00 am: Bronze 10:15-11:00 am: Penguins <u>Dive</u> 9:00-11:00 am <u>Swim Lessons- 21st Cen- 11:00-11:30 am</u> <u>Swim Lessons- B -11:30 am-12:00 pm</u> <u>Swim Meet @ Five Seasons</u>	12	13 <u>Swim</u> 9:00-10:00 am: Gold 9:00-10:00 am: Silver 10:00-10:45 am: Bronze 10:00-10:45 am: Penguins 10:45-11:30 am: Junior Team <u>Dive</u> 11:00 am-1:00 pm at NKU <u>Swim Lessons- A - 11:30 am-12:00 pm</u>
14	15 <u>Swim</u> 6:15-7:00 pm: Penguins 6:15-7:00 pm: Bronze 7:00-8:15 pm: Silver 7:00-8:30 pm: Gold <u>Dive</u> 6:15--8:30 pm	16 <u>Swim</u> 8:30-9:30 am: Gold 8:30-9:30 am: Silver 9:30-10:15 am: Bronze 9:30-10:15 am: Penguins 10:15-11:00 am: Junior Team <u>Dive</u> 9:00-11:00 am <u>Swim Lessons- 21st Cen- 11:00-11:30 am</u> <u>Swim Lessons- B -11:30 am-12:00 pm</u> <u>No Dive Meet- Bye Week</u>	17 <u>Swim</u> 8:30-9:30 am: Gold 8:30-9:15 am: Silver 9:15-10:00 am: Bronze 9:15-10:00 am: Penguins <u>Dive</u> 8:30-10:00 am	18 <u>Swim</u> 9:00-10:15 am: Gold 9:00-10:15 am: Silver 10:15-11:00 am: Bronze 10:15-11:00 am: Penguins <u>Dive</u> 9:00-11:00 am <u>Swim Lessons- 21st Cen- 11:00-11:30 am</u> <u>Swim Lessons- B -11:30 am-12:00 pm</u> <u>No Swim Meet- Bye Week</u>	19	20 Penguins Padooza Fundraiser and Team Breakfast/Mock Meet Volunteer Training 9-11 am 11:00-11:30 am- Junior Team <u>Dive</u> 11:00 am-1:00 pm at NKU <u>Swim Lessons- A - 11:30 am-12:00 pm</u>
21	22 <u>Swim</u> 6:15-7:00 pm: Penguins 6:15-7:00 pm: Bronze 7:00-8:15 pm: Silver 7:00-8:30 pm: Gold <u>Dive</u> 6:15--8:30 pm	23 <u>Swim</u> 8:30-9:30 am: Gold 8:30-9:30 am: Silver 9:30-10:15 am: Bronze 9:30-10:15 am: Penguins 10:15-11:00 am: Junior Team <u>Dive</u> 9:00-11:00 am <u>Swim Lessons- 21st Cen- 11:00-11:30 am</u> <u>Swim Lessons- B -11:30 am-12:00 pm</u> <u>Dive Meet @ Newport</u>	24 <u>Swim</u> 8:30-9:30 am: Gold 8:30-9:15 am: Silver 9:15-10:00 am: Bronze 9:15-10:00 am: Penguins <u>Dive</u> 8:30-10:00 am	25 <u>Swim</u> 9:00-10:15 am: Gold 9:00-10:15 am: Silver 10:15-11:00 am: Bronze 10:15-11:00 am: Penguins <u>Dive</u> 9:00-11:00 am <u>Swim Lessons- 21st Cen- 11:00-11:30 am</u> <u>Swim Lessons- B -11:30 am-12:00 pm</u> <u>Swim Meet @ Fort Thomas</u>	26	27 <u>Swim:</u> 9:00-10:00 am: Gold 9:00-10:00 am: Silver 10:00-10:45 am: Bronze 10:00-10:45 am: Penguins 10:45-11:30 am: Junior Team <u>Dive:</u> 11:00 am-1:00 pm at NKU <u>Swim Lessons- A - 11:30 am-12:00 pm</u>



Newport Penguins Swim & Dive Team, Junior Penguins Team, and Swim Lessons Program Summer 2020 Calendar



July 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29 <u>Swim</u> 6:15-7:00 pm: Penguins 6:15-7:00 pm: Bronze 7:00-8:15 pm: Silver 7:00-8:30 pm: Gold <u>Dive</u> 6:15--8:30 pm	30 <u>Swim</u> 8:30-9:30 am: Gold 8:30-9:30 am: Silver 9:30-10:15 am: Bronze 9:30-10:15 am: Penguins 10:15-11:00 am: Junior Team <u>Dive</u> 9:00-11:00 am <u>Swim Lesson -C- 11:00-11:30 am</u> <u>Swim Lessons- B -11:30 am-12:00 pm</u> <u>Dive Meet @ Florence</u>	1 <u>Swim</u> 8:30-9:30 am: Gold 8:30-9:15 am: Silver 9:15-10:00 am: Bronze 9:15-10:00 am: Penguins <u>Dive</u> 8:30-10:00 am	2 <u>Swim</u> 9:00-10:15 am: Gold 9:00-10:15 am: Silver 10:15-11:00 am: Bronze 10:15-11:00 am: Penguins <u>Dive</u> 9:00-11:00 am <u>Swim Lesson -C- 11:00-11:30 am</u> <u>Swim Lessons- B -11:30 am-12:00 pm</u> <u>Swim Meet @ Newport</u>	3	4 <h2 style="color: #003366;">Happy 4th of July!</h2>
5	6 <u>Swim</u> 6:15-7:00 pm: Penguins 6:15-7:00 pm: Bronze 7:00-8:15 pm: Silver 7:00-8:30 pm: Gold <u>Dive</u> 6:15--8:30 pm Palooza Celebration & Parent Relays- 7 :00 pm	7 <u>Swim</u> 8:30-9:30 am: Gold 8:30-9:30 am: Silver 9:30-10:15 am: Bronze 9:30-10:15 am: Penguins 10:15-11:00 am: Junior Team <u>Dive</u> 9:00-11:00 am <u>Swim Lesson -C- 11:00-11:30 am</u> <u>Swim Lessons- D -11:30 am-12:00 pm</u> <u>Dive Meet @ Brookwood</u>	8 <u>Swim</u> 8:30-9:30 am: Gold 8:30-9:15 am: Silver 9:15-10:00 am: Bronze 9:15-10:00 am: Penguins <u>Dive</u> 8:30-10:00 am	9 <u>Swim</u> 9:00-10:15 am: Gold 9:00-10:15 am: Silver 10:15-11:00 am: Bronze 10:15-11:00 am: Penguins <u>Dive</u> 9:00-11:00 am <u>Swim Lesson -C- 11:00-11:30 am</u> <u>Swim Lessons- D -11:30 am-12:00 pm</u> <u>Swim Meet @ Newport</u>	10	11 <u>Swim</u> 9:00-10:00 am: Gold 9:00-10:00 am: Silver 10:00-10:45 am: Bronze 10:00-10:45 am: Penguins 10:45-11:30 am: Junior Team <u>Dive</u> 11:00 am-1:00 pm at NKU <u>Swim Lessons- A - 11:30 am-12:00 pm</u>
12	13 <u>Swim</u> 6:15-7:00 pm: Penguins 6:15-7:00 pm: Bronze 7:00-8:15 pm: Silver 7:00-8:30 pm: Gold <u>Dive</u> 6:15--8:30 pm	14 <u>Swim</u> 8:30-9:30 am: Gold 8:30-9:30 am: Silver 9:30-10:15 am: Bronze 9:30-10:15 am: Penguins 10:15-11:00 am: Junior Team <u>Dive</u> 9:00-11:00 am <u>Swim Lesson -C- 11:00-11:30 am</u> <u>Swim Lessons- D -11:30 am-12:00 pm</u> <u>Dive Meet @ Newport</u>	15 <u>Swim</u> 8:30-9:30 am: Gold 8:30-9:15 am: Silver 9:15-10:00 am: Bronze 9:15-10:00 am: Penguins <u>Dive</u> 8:30-10:00 am	16 <u>Swim</u> 9:00-10:15 am: Gold 9:00-10:15 am: Silver 10:15-11:00 am: Bronze 10:15-11:00 am: Penguins <u>Dive</u> 9:00-11:00 am <u>Swim Lesson -C- 11:00-11:30 am</u> <u>Swim Lessons- D -11:30 am-12:00 pm</u> <u>Swim Meet @ Oakbrook</u>	17	18 <u>Swim</u> 9:00-10:00 am: Gold 9:00-10:00 am: Silver 10:00-10:45 am: Bronze 10:00-10:45 am: Penguins 10:45-11:30 am: Junior Team <u>Dive</u> 11:00 am-1:00 pm at NKU <u>Swim Lessons- A - 11:30 am-12:00 pm</u>
19	20 <u>Junior Team Intramural Meet!</u> 6:15-7:15 pm <u>Swim</u> 7:00-7:45 pm: Penguins 7:00-7:45 pm: Bronze 7:45-8:30 pm: Silver 7:45-8:30 pm: Gold <u>Dive</u> 6:15--8:30 pm	21 <u>Swim</u> 8:30-9:30 am: Gold 8:30-9:30 am: Silver 9:30-10:15 am: Bronze 9:30-10:15 am: Penguins 10:15-11:00 am: Junior Team <u>Dive</u> 9:00-11:00 am <u>Swim Lesson -C- 11:00-11:30 am</u> <u>Swim Lessons- D -11:30 am-12:00 pm</u> <u>Dive Meet @ Taylor Mill</u>	22 <u>Swim</u> 8:30-9:30 am: Gold 8:30-9:15 am: Silver 9:15-10:00 am: Bronze 9:15-10:00 am: Penguins <u>Dive</u> 8:30-10:00 am ALL STAR DIVE MEET @ OAKBROOK	23 <u>Swim</u> 9:00-10:15 am: Gold 9:00-10:15 am: Silver 10:15-11:00 am: Bronze 10:15-11:00 am: Penguins <u>Dive</u> 9:00-11:00 am <u>Swim Lessons- D -11:00 am-12:00 pm</u> <u>Swim Meet @ Newport</u> <small>NOTE: one hour lesson session this day only</small>	24	25 CHAMP MEETS PEP RALLY AND TEAM BREAKFAST! <u>Swim</u> 9:30-10:30 am: Gold 9:30-10:30 am: Silver 10:30-11:30 am: Bronze 10:30-11:30 am: Penguins <u>Dive</u> 11:00 am-1:00 pm at NKU
26	27 ALL STAR SWIM MEET @ FLORENCE <u>Dive</u> 6:15-8:30 pm	28 <u>Swim Champ Practice</u> 9:00-10:15 am: Gold 9:00-10:00 am: Silver 10:00-11 am: Bronze 10:15-11 am: Penguins <u>Dive Champ Practice</u> 9:00-11:00 am CHAMP MEET DIVE BOYS @ BEECHWOOD	29 <u>Swim Champ Practice</u> 9:00-10:00 am: ALL <u>Dive Champ Practice</u> 9:00-11:00 am CHAMP MEET DIVE GIRLS @ BEECHWOOD	30 CHAMP MEET SWIM PRELIMS @ TAYLOR MILL	31 CHAMP MEET SWIM FINALS @ TAYLOR MILL	August 1 Penguins 2019 Team Banquet!!! 6-9 pm at Veteran's Pool



Newport Penguins Swim & Dive Team, Junior Penguins Team, and Swim Lessons Program Summer 2020 Calendar



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

Penguins- 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.

Junior Penguins Team:

The Junior Penguins Team is for children who have advanced beyond swim lessons but are not yet Team ready. Practices are on Tuesdays and Saturdays. The season ends for the Junior Penguins Team with an Intramural Meet at the Veteran's Pool.

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 asked to volunteer at championship meets after the volunteer schedules for the meets are provided.