



Newport Penguins Swim & Dive Team, Junior Penguins Team, and Swim Lessons Program Summer 2019 Calendar



June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
May 26	May 27 Memorial Day Parade! Meet at Campbell County Courthouse at 8:15 a.m. Wear Penguins shirts and walking shoes!	May 28 Swim 6:30-8:30 pm- ALL Dive 6:30-8:30 pm- ALL Team readiness assessments and practice group placement	May 29 Swim 6:30-7:15 pm: Penguins 6:30-7:30 pm: Bronze 7:30-8:30 pm: Silver 7:15-8:30 pm: Gold Dive 6:30--8:30 pm	May 30 Swim 6:30-7:15 pm: Penguins 6:30-7:30 pm: Bronze 7:30-8:30 pm: Silver 7:15-8:30 pm: Gold Dive 6:30-8:30 pm	May 31	1 Swim 9:00-10:15 am: Gold 9:30-10:30 am: Silver 10:00-11 am: Bronze 10:15-11 am: Penguins Dive 9:00 am-12:00 pm at Ludlow Swim Lessons- Session A -11:00-11:30 am
2	3 Swim 6:30-7:15 pm: Penguins 6:30-7:30 pm: Bronze 7:30-8:30 pm: Silver 7:15-8:30 pm: Gold Dive 6:30-8:30 pm	4 Swim 6:30-7:15 pm: Penguins 6:30-7:30 pm: Bronze 7:30-8:30 pm: Silver 7:15-8:30 pm: Gold Dive 6:30-8:30 pm	5 Swim 6:30-7:15 pm: Penguins 6:30-7:30 pm: Bronze 7:30-8:30 pm: Silver 7:15-8:30 pm: Gold Dive 6:30-8:30 pm Junior Team 6:30-8:30 pm	6 Swim 6:30-7:15 pm: Penguins 6:30-7:30 pm: Bronze 7:30-8:30 pm: Silver 7:15-8:30 pm: Gold Dive 6:30-8:30 pm	7	8 Penguins Palooza Fundraiser and Team Breakfast & Mock Meet Volunteer Training 9-11 am Dive 11:00 am-12:00 pm at Ludlow Swim Lessons- Session A -11:00-11:30 am
9	10 Swim 6:30-7:15 pm: Penguins 6:30-7:30 pm: Bronze 7:30-8:30 pm: Silver 7:15-8:30 pm: Gold Dive 6:30-8:30 pm	11 Swim Lessons- Session B -8:00-8:30 am Swim Lessons- Session C -8:30-9:00 am Swim 9:00-10:15 am: Gold 9:00-10:00 am- Silver 10:00-11:00: Bronze 10:15-11 am: Penguins Dive 9:00-11:00 am Swim Lessons- 21st Cen -11:00-11:30 am Dive Meet @ Newport	12 Swim 8:30-9:30 am: Gold 8:30-9:15 am: Silver 9:15-10 am: Bronze 9:15-10 am: Penguins Dive 6:30-8:30 pm Junior Team 6:30-8:30 pm	13 Swim Lessons- Session B -8:00-8:30 am Swim Lessons- Session C -8:30-9:00 am Swim 9:00-10:15 am: Gold 9:00-10:00 am- Silver 10:00-11:00: Bronze 10:15-11 am: Penguins Dive 9:00-11:00 am Swim Lessons- 21st Cen -11:00-11:30 am Swim Meet @ Oakbrook	14	15 Swim 9:00-10:15 am: Gold 9:30-10:30 am: Silver 10:00-11 am: Bronze 10:15-11 am: Penguins Dive 9:00 am-12:00 pm at Ludlow Swim Lessons- Session A -11:00-11:30 am
16	17 Swim 6:30-7:15 pm: Penguins 6:30-7:30 pm: Bronze 7:30-8:30 pm: Silver 7:15-8:30 pm: Gold Dive 6:30-8:30 pm Champ Meet Meeting- 6:30 pm	18 Swim Lessons- Session B -8:00-8:30 am Swim Lessons- Session C -8:30-9:00 am Swim 9:00-10:15 am: Gold 9:00-10:00 am- Silver 10:00-11:00: Bronze 10:15-11 am: Penguins Dive 9:00-11:00 am Swim Lessons- 21st Cen -11:00-11:30 am Dive Meet @ Taylor Mill	19 Swim 8:30-9:30 am: Gold 8:30-9:15 am: Silver 9:15-10 am: Bronze 9:15-10 am: Penguins Dive 6:30-8:30 pm Junior Team 6:30-8:30 pm	20 Swim Lessons- Session B -8:00-8:30 am Swim Lessons- Session C -8:30-9:00 am Swim 9:00-10:15 am: Gold 9:00-10:00 am- Silver 10:00-11:00: Bronze 10:15-11 am: Penguins Dive 9:00-11:00 am Swim Lessons- 21st Cen -11:00-11:30 am Swim Meet @ Newport	21	22 Swim 9:00-10:15 am: Gold 9:30-10:30 am: Silver 10:00-11 am: Bronze 10:15-11 am: Penguins Dive 9:00 am-12:00 pm at Ludlow Swim Lessons- Session A -11:00-11:30 am
23	24 Swim 6:30-7:15 pm: Penguins 6:30-7:30 pm: Bronze 7:30-8:30 pm: Silver 7:15-8:30 pm: Gold Dive 6:30-8:30 pm	25 Swim Lessons- Session B -8:00-8:30 am Swim Lessons- Session C -8:30-9:00 am Swim 9:00-10:15 am: Gold 9:00-10:00 am- Silver 10:00-11:00: Bronze 10:15-11 am: Penguins Dive 9:00-11:00 am Swim Lessons- 21st Cen -11:00-11:30 am Dive Meet @ Newport	26 Swim 8:30-9:30 am: Gold 8:30-9:15 am: Silver 9:15-10 am: Bronze 9:15-10 am: Penguins Dive 6:30-8:30 pm Junior Team 6:30-8:30 pm	27 Swim Lessons- Session B -8:00-8:30 am Swim Lessons- Session C -8:30-9:00 am Swim 9:00-10:15 am: Gold 9:00-10:00 am- Silver 10:00-11:00: Bronze 10:15-11 am: Penguins Dive 9:00-11:00 am Swim Lessons- 21st Cen -11:00-11:30 am Swim Meet @ Brookwood	28	29 Swim 9:00-10:15 am: Gold 9:30-10:30 am: Silver 10:00-11 am: Bronze 10:15-11 am: Penguins Dive 9:00 am-12:00 pm at Ludlow Swim Lessons- Session A -11:00-11:30 am



Newport Penguins Swim & Dive Team, Junior Penguins Team, and Swim Lessons Program Summer 2019 Calendar



July 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 30	1 <u>Swim</u> 6:30-7:15 pm: Penguins 6:30-7:30 pm: Bronze 7:30-8:30 pm: Silver 7:15-8:30 pm: Gold <u>Dive</u> 6:30-8:30 pm	2 <u>Swim Lessons- Session B</u> -8:00-9:00 am 8:30 am <u>Swim Lessons- Session C</u> -8:30-9:00 am 9:00 am <u>Swim</u> 9:00-10:15 am: Gold 9:00-10:00 am- Silver 10:00-11:00: Bronze 10:15-11 am: Penguins <u>Dive</u> 9:00-11:00 am <u>Swim Lessons- 21st Cen-</u> 11:00-11:30 am <u>Dive Meet @ Ft. Thomas</u>	3 <u>Swim</u> 8:30-9:30 am: Gold 8:30-9:15 am: Silver 9:15-10 am: Bronze 9:15-10 am: Penguins <u>Dive- NOTE HOLIDAY CHANGE</u> 8:30-10 am <u>Swim Meet @ Newport</u>	4 Happy 4th of July!	5	6 <u>Swim</u> 9:00-10:15 am: Gold 9:30-10:30 am: Silver 10:00-11 am: Bronze 10:15-11 am: Penguins <u>Dive</u> 9:00 am-12:00 pm at Ludlow <u>Swim Lessons- Session A</u> -11:00-11:30 am
7	8 <u>Swim</u> 6:30-7:15 pm: Penguins 6:30-7:30 pm: Bronze 7:30-8:30 pm: Silver 7:15-8:30 pm: Gold <u>Dive</u> 6:30-8:30 pm <u>Junior Team</u> 7:30-8:30 pm Champ Meet Meeting- 6:30 pm	9 <u>Swim Lessons- Session D</u> -8:00-9:00 am 9:00 am <u>Swim</u> 9:00-10:15 am: Gold 9:00-10:00 am- Silver 10:00-11:00: Bronze 10:15-11 am: Penguins <u>Dive</u> 9:00-11:00 am <u>Dive Meet @ Beechwood</u>	10 <u>Swim</u> 8:30-9:30 am: Gold 8:30-9:15 am: Silver 9:15-10 am: Bronze 9:15-10 am: Penguins <u>Dive</u> 6:30-8:30 pm <u>Junior Team</u> 6:30-8:30 pm	11 <u>Swim Lessons- Session D</u> -8:00-9:00 am 9:00 am <u>Swim</u> 9:00-10:15 am: Gold 9:00-10:00 am- Silver 10:00-11:00: Bronze 10:15-11 am: Penguins <u>Dive</u> 9:00-11:00 am <u>Swim Meet @ Newport</u>	12	13 <u>Swim</u> 9:00-10:15 am: Gold 9:30-10:30 am: Silver 10:00-11 am: Bronze 10:15-11 am: Penguins <u>Dive</u> 9:00 am-12:00 pm at Ludlow <u>Swim Lessons- Session A</u> -11:00-11:30 am
14	15 <u>Swim</u> 6:30-7:15 pm: Penguins 6:30-7:30 pm: Bronze 7:30-8:30 pm: Silver 7:15-8:30 pm: Gold <u>Dive</u> 6:30-8:30 pm <u>Junior Team</u> 7:30-8:30 pm	16 <u>Swim Lessons- Session D</u> -8:00-9:00 am 9:00 am <u>Swim</u> 9:00-10:15 am: Gold 9:00-10:00 am- Silver 10:00-11:00: Bronze 10:15-11 am: Penguins <u>Dive</u> 9:00-11:00 am <u>Dive Meet @ Newport</u>	17 <u>Swim</u> 8:30-9:30 am: Gold 8:30-9:15 am: Silver 9:15-10 am: Bronze 9:15-10 am: Penguins Junior Team <u>Intramural Meet!</u> 6:30-8:30 pm ALL STAR DIVE MEET @ CHERRY HILL	18 <u>Swim Lessons- Session D</u> -8:00-9:00 am 9:00 am <u>Swim</u> 9:00-10:15 am: Gold 9:00-10:00 am- Silver 10:00-11:00: Bronze 10:15-11 am: Penguins <u>Dive</u> 9:00-11:00 am <u>Swim Meet @ Florence</u>	19	20 <u>Swim</u> 9:00-10:15 am: Gold 9:30-10:30 am: Silver 10:00-11 am: Bronze 10:15-11 am: Penguins <u>Dive</u> 9:00 am-12:00 pm at Ludlow <u>Swim Lessons- Session A</u> -11:00-11:30 am
21	22 ALL STAR SWIM MEET @ TAYLOR MILL <u>Dive</u> 6:30-8:30 pm	23 <u>Swim Champ Practice</u> 9:00-10:15 am: Gold 9:00-10:00 am: Silver 10:00-11 am: Penguins <u>Dive Champ Practice</u> TBD CHAMP MEET DIVE BOYS @ FORT THOMAS	24 <u>Swim Champ Practice</u> 9:00-10:00 am: ALL <u>Dive Champ Practice</u> TBD CHAMP MEET DIVE GIRLS @ FORT THOMAS	25 CHAMP MEET SWIM PRELIMS @ Ludlow	26 CHAMP MEET SWIM FINALS @ Ludlow	27 Penguins 2019 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

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: 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 asked to volunteer after the volunteer schedule is provided.