### Rockford Water Polo Head Varsity Coach- Craig Peterman 616.822.4899;

#### cpeterman@rockfordschools.org

Head JV- Jerrad Reickard 616-706-3761; jreickard@rockfordschools.org; Assistant JV/ Varsity- Grace Boeve

# August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Parent/Player meeting@ community Cabin (6:00 PM)	4	5
6	7 First Day of Practice practice 8:00-9:30 AM & 3:00-6:00 PM	8 practice 8:00-9:30 AM & 3:00-6:00 PM *breathing clinic	9 Freshman Orientation practice 8:00-9:30 & 3:00-5:00 Team canoe/kayak trip	10 practice 8:00-9:30 AM & 3:00-6:00 PM Baseline testing-9th and 11th grade @ 2:00 PM	11 V @Rockford JV @Rockford (select players)	12 V @ Rockford JV @Rockford (select players)
13	14 10-12 Orientation 8:00-12:00 Freshman makeup orientation Practice 3:30-6:30 PM	15 Practice 3:30-6:30 PM	16 Practice 3:30-6:30 PM	17 10-12 Orientation 8:00-12:00 Practice 3:30-6:30 PM	18 V @ Grand Haven JV practice 3:30-5:00 PM	19 V @ Grand Haven
20	21 RPS first day Practice 5:15-7:30 PM	22 Practice 3:00-5:00 PM Lift 5:00-6:00 PM	23 Practice 5:15-7:30 PM	24 Practice 3:00-5:00 PM Lift 5:00-6:00 PM	25 <sub>RPS NO SCHOOL</sub> V @ Ann Arbor Pioneer JV @ Portage	26 V @ Ann Arbor Pioneer JV @ Portage
27	28 Practice 5:15-7:30 PM	29 Practice 3:00-5:00 PM Lift 5:00-6:00 PM	30 Practice 5:15-7:30 PM	31 Practice 3:00-5:00 PM Lift 5:00-6:00 PM		

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# September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <u>Enjoy Labor Day</u> <u>Weekend. BE SAFE</u>	2 <u>Enjoy Labor Day</u> <u>Weekend. BE SAFE</u>
3 <u>Enjoy Labor Day</u> <u>Weekend. BE SAFE</u>	4 <u>Enjoy Labor Day Weekend.</u> <u>BE SAFE</u>	5 Practice 3:00-5:00 PM Lift 5:00-6:00 PM	6 Home Dual vs West Ottawa JV-6:15, V-7:15	7 Girls Away swim meet Practice 3:00-5:00 PM Lift 5:00-6:00 PM	8 V @Jenison JV @ Jenison	9 <i>Girls Away swim meet</i> V @ Jenison JV @ Jenison
10	11 Away Dual at Jenison Bus departs at 4:15 PM V-6:15, JV-7:15	12 Practice 3:00-5:00 PM Lift 5:00-6:00 PM	13 RPS Early Release Home Dual vs Grand haven JV-6:15, V-7:15	14 Girls Home swim meet Practice 3:00-5:00 PM Lift 5:00-6:00 PM	15 V @EGR JV @ Zeeland	16 V @EGR JV @ Zeeland
17	18 Home Dual vs Hudsonville JV- 6:15, V-7:15	19 Practice 3:00-5:00 PM Lift 5:00-6:00 PM	20 Away Dual at Zeeland JV-6:15, V-7:15 Bus departs at 4:00 PM	21 Girls Away swim meet Practice 3:00-5:00 PM Lift 5:00-6:00 PM	22 V @ Zeeland/ Hudsonville JV @ West Ottawa	23 V @ Zeeland/ Hudsonville JV @ West Ottawa
24	25 Away Dual at Portage Bus departs at 3:30 PM V-6:15, JV 7:15	26 Practice 3:00-5:00 PM Lift 5:00-6:00 PM	27 <i>RPS Early Release</i> Away Dual at East Grand Rapids <i>*District seed game</i> Bus departs at 4:15 PM V-6:15, JV-7:15	28 Girls Home swim meet Practice 3:00-5:00 PM Lift 5:00-6:00 PM	29 Varsity film @ 3:30 JV @ Rockford	30 Homecoming Dance V Come watch JV JV @ Rockford

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# October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Home Dual vs East Kentwood *District seed game JV- 6:15, V-7:15	3 Home Dual vs Mason *District seed game JV- 6:14, V-7:15	4 Practice 5:15-7:30	5 Girls Home swim meet Practice 3:00-5:00 Lift 5:00-6:00	6 V @ Ann Arbor Huron JV @Hudsonville	7 V @ Ann Arbor Huron JV @ Hudsonville
8	9 Home Dual vs Okemos *District seed game V-6:15, JV-7:15	10 Practice 3:00-5:00 PM Lift 5:00-6:00 PM	11 RPS Early Release Home dual game vs East Lansing *District seed game JV-6:15, V-7:15 *Senior Night	12 Girls Away swim meet Practice 3:00-5:00 PM Lift 5:00-6:00 PM	13 V @ Rockford JV @ EGR	14 V @ Rockford JV @ EGR
15	16 Postseason Practice 5:15-7:30 PM	17 Postseason Practice 3:00-5:00 PM Lift 5:00-6:00 PM	18 Postseason Practice 5:15-7:30 PM	19 Girls Home swim meet Postseason Practice 3:00-5:00 PM Lift 5:00-6:00 PM	20 District Tournament @ or practice (if we have a bye) Practice- 5:15-7:30 PM	21 District Tournament @ EGR or EL District party @ TBD
22	23 Postseason Practice 5:15-7:30 PM	24 Postseason Practice 3:00-5:00 PM	25 RPS Early Release Postseason Practice 5:15-7:30 PM	26 Postseason Practice 3:00-5:00 PM	27 Regional Tournament @ EK or ZEELAND	28 Regional Tournament @ EK or ZEELAND Halloween Regional Party @ TBD
29	30 Postseason Halloween Practice 5:15-7:30 PM	31 Postseason Practice 3:00-5:00 PM				

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# November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Postseason Practice 5:15-7:30 PM	2 Postseason Practice 4:30-6:30 3:30-4:30- Film	3 Girls OK Red Swim Conference Away Postseason Practice 5:15-7:30 PM	4 Girls OK Red Swim Conference Away
5	6 Postseason Practice 5:15-7:30 PM	7 Postseason Practice 3:00-5:00 PM	8 Postseason Practice 5:15-7:30 PM	9 Girls diving regionals away Postseason Practice 3:00-5:00 PM Pasta dinner 5:30-6:30	10 RPS Early Release State Tournament @ (East Side of state)	11 State tournament @ (East Side of state)
12	13	14	15 RPS Early Release	16 Banquet @ Boulder Creek	17 Girls division 1 State Swim away	18 Girls division 1 State Swim away
19	20	21	22	23 Thanksgiving	24	25
26	27	28	29	30		