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|  | **K2 Diving** (POOL) | | | | | | **November 2024\*\*** | |
| **NEWS** | **SUN** | **MON** | **TUE** | **WED** | **THU** | **FRI** | | **SAT** |
| **NOVEMBER NOTES:**  **November sees several changes: Tuesday is still for Nov & K2 Jr. Teams BUT will be at the DLTC. Wednesday opens to K2 Jr. Team and Thurs. opens to both Nov. & K2 Jr. Teams.**  **DRYLAND times will stay fairly similar except for the one Team selected for the mandatory practice. If you choose Sunday, limit your choice(s) to 2x/month**  **Novice & K2 Jr. TEAMS!**  **Tuesday is still your practice day but now it will be broken into 2 groups. Group times will alternate each month.**  **AAU/USA MEETS:**  **Nov. 9-10 @ Turkey Dive meet: Chapel Hill, NC**  **2 meets in Dec.**  **BIRTHDAYS:**  **Kovas Pflanz**  11/5/14 (10)  **Lola Doyle**  11/14/14 (10)  **Harmony Dixon**  11/19/11 (13)  **Anna Cain**  **11/21/14 (10\_**  Read the Newsletters and keep up with our social media  A blue square with a white letter f  Description automatically generated A logo of a camera  Description automatically generatedA blue circle with a white envelope  Description automatically generatedA magnifying glass with a blue text  Description automatically generated | **Oct. 27 k** | **Oct. 28 k/s** | **Oct. 29 k/a** | **Oct. 30 a/s** | **Halloween Oct. 31 a/s** | **November 1** | | **November 2 k** |
| **Hampton Aquaplex**  1:15-2:45p NoV|Jr.  2:30-430p INT|JO| | DL **Dryland\***  *See Dryland calendar* | DL **Dryland\***  *See Dryland calendar* | DL **Dryland\***  *See Dryland calendar* | DL **Dryland\***  *See Dryland calendar* | TBD | | **@ Norfolk Academy**  815-10a - JO  945-1130a - NoV | Jr.  11:15a–1p INT |
| **Hampton Aquaplex**  615–815p INT|JO| | **Norfolk Academy**  5 –6:30pNoV|Jr. | **Hampton Aquaplex**  615–815p INT|JO| | **NO PRACTICE-**  **Go Trick or Treating!** |
| **3 a/s** | **4 a/s** | (Kovas-10) **5 k/a** | **6 k/s** | **7 k/a** | **8** | | **9 k** |
| **Hampton Aquaplex**  1:15-2:45p NoV|Jr.  2:30-430p INT|JO| | DL **Dryland\***  *See Dryland calendar* | DL **Dryland\***  *See Dryland calendar* | DL **Dryland\***  *See Dryland calendar* | DL **Dryland\***  *See Dryland calendar* | TBD  Travel day to  Chapel Hill meet→→ | | **@ Norfolk Academy**  815-10a - JO  945-1130a - NoV | Jr.  11:15a–1p INT |
| **Hampton Aquaplex**  615–815p JO| INT| | NoV|Jr. **@ Dryland Ctr.**  Group 1: 530-7p  Group 2:7-830p | **Hampton Aquaplex**  615–815p JO| INT| Jr | **Hampton Aquaplex**  615–8p|JO| INT|NoV|Jr |
| **10 k** | **11 k/s** | **12 k/a** | **13 k/s** | (Lola-10) **14 k/s** | **15*Monthly Fees Due* k/a** | | **16 k** |
| **Hampton Aquaplex\*\***  1:15-2:45p NoV|Jr.  2:30-430p INT|JO| | DL **Dryland\***  *See Dryland calendar* | **Dryland\***  *See Dryland calendar* | DL **Dryland\***  *See Dryland calendar* | DL **Dryland\***  *See Dryland calendar* | TBD | | **@ Norfolk Academy\*\***  10a -1145 JO| INT  1130a-115p NoV | Jr. |
| **Hampton Aquaplex**  615–815p JO| INT| | NoV|Jr. **@ Dryland Ctr.**  Group 1: 530-7p  Group 2:7-830p | **Hampton Aquaplex**  615–815p JO| INT| Jr | **Hampton Aquaplex**  615–8p|JO| INT|NoV|Jr |
| **17 k** | **18 k/s** | (Harmony-13) **19 k/a** | **20 k/s** | (Anna C.-10) **21 k/a** | **22** | | **23 k** |
| *Aquaplex is closed for a Swim Meet.*  *See Dryland Calendar* | DL **Dryland\***  *See Dryland calendar* | DL **Dryland\***  *See Dryland calendar* | DL **Dryland\***  *See Dryland calendar* | DL **Dryland\***  *See Dryland calendar* | TBD  (Keith @ St. Catherine’s) | | **@ Norfolk Academy**  815-10a - JO  945-1130a - NoV | Jr.  11:15a–1p INT |
| **Hampton Aquaplex**  615–815p JO| INT| | NoV|Jr. **@ Dryland Ctr.**  Group 1: 530-7p  Group 2:7-830p | **Hampton Aquaplex**  615–815p JO| INT| Jr | **Hampton Aquaplex**  615–8p|JO| INT|NoV|Jr |
| **24 k** | **25 k/s** | **26 k/a** | **27 k/s** | **28 a/s** | **29** | | **30** |
| *Aquaplex is closed for a Swim Meet.*  *See Dryland Calendar* | DL **Dryland\***  *See Dryland calendar* | DL **Dryland\***  *See Dryland calendar* | DL **Dryland\***  *See Dryland calendar* | *No Practice*  *Happy Thanksgiving* Thursday divers attend **ANY** other practice to make-up | TBD | | **@ Hampton Aquaplex\*\***  845-1045a - JO| INT  1030-1230a - NoV | Jr. |
| **Hampton Aquaplex**  615–815p JO| INT| | NoV|Jr. **@ Dryland Ctr.**  Group 1: 530-7p  Group 2:7-830p | **Hampton Aquaplex**  615–815p JO| INT| Jr |
| **December 1** | **December 2 k** | **December 3 k/a** | **December 4 a/s** | **December 5 a/s** | **December 6** | | **December 7 k** |
| **Hampton Aquaplex**  1:15-2:45p NoV|Jr.  2:30-430p INT|JO| | DL **Dryland\***  *See Dryland calendar* | DL **Dryland\***  *See Dryland calendar* | DL **Dryland\***  *See Dryland calendar* | DL **Dryland\***  *See Dryland calendar* | TBD  Travel day to Alexandria meet→→ | | **@ Norfolk Academy\*\***  **TBD** JO| INT  **TBD** NoV | Jr. |
| **Hampton Aquaplex**  615–815p JO| INT| | NoV|Jr. **@ Dryland Ctr.**  Group 1: 530-7p  Group 2:7-830p | **Hampton Aquaplex**  615–815p JO| INT| Jr | **Hampton Aquaplex**  615–8p|JO| INT|NoV|Jr |

NoV = Novice Jr. = K2 Junior INT = Intermediate JO = Junior Olympic (Pre-Team & Team) NKotB/B.L.P. = “New Kids on the Boards”/Beginning Lesson Program

**Hampton Aquaplex**: 1908 Coliseum Dr, Hampton, VA 23666 | (757) 369-2876

**Norfolk Academy**: 1585 Wesleyan Dr, Norfolk, VA 23502 | (757) 681-6262 **Coach Keith:** 757-353-5735

**Midtown:** 570 McLawhorne Dr, Newport News, VA 23601 | (757) 591-4853 **Coach Amy:** 757-773-1794

**\*Dryland Training Center (DLTC):** 303 Maxey Drive, VB, 23454 | (757) 353-5735 **Coach Stephanie:** 408-930-3783

\*\* Schedule is subject to change, sometimes with short notice. Every effort will be made to notify divers ahead of time. Information HIGHLIGHTED in SALMON indicates changes.

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|  | **K2 Diving** (DRYLAND) | | | | | **November 2024\*\*** | |
| **NEWS** | **SUN** | **MON** | **TUE** | **WED** | **THU** | **FRI** | **SAT** |
| **NOVEMBER Dryland NOTES:**  Dryland sessions are approximately 1 hour long. Each month, 1 Team will have a mandatory Sunday Dryland practice, unless you come during the week. ^*You will be billed for this.*  If you choose Sundays, limit your choice(s) to 2x/month, including if your TEAM has the mandatory practice this month. Sundays may also be subject to 2 divers per session. Weekday divers may choose as many days/week as you want.    **LOCATION:**  Dryland Training Center (DLTC)  303 Maxey Drive  VA Beach, VA 23454  (757) 353-5735  **BRING:**  Water bottle  Can-do attitude! | **Oct. 27 k** | **Oct. 28 k/s** | **Oct. 29 k/a** | **Oct. 30 a/s** | **Halloween Oct. 31 a/s** | **November 1** | **November 2 k** |
| **830a:** **Felix/Cera**  **930a: Sydney/Lia**  **1030a: Alex/Ayat** | **930a: Quinn**  **1030a: Abigail**  **130a:** ~~Hartney~~  **230p:**Maggie/Sadie | **830: Harmony**  **930:** **Lola**  **11: Autumn** | **930a:** **Annabella**  **1030a:**  **1130a:** | **8a: Emily**  **930a: Lola**  **11:**  **2p: Lily** | TBD | **NO**  **DRY LAND** |
| **3 a/s** | **4 a/s** | (Kovas-10) **5 k/a** | **6 k/s** | **7 k/a** | **8** | **9 k** |
| **830a:** Felix/~~Logan~~  **930a: Lia**  **1030a:** Landon/Abigail | **930a:**  **1030a:**  **130a:** ~~Hartney~~  **230p:** Maggie/Sadie | **830: Melanie**  **930:** Lola  **11: ~~Autumn~~  Cera (1030)**  Group 1: 530-7p  Group 2:7-830p | **930a: Annabella**  **1030a:**  **1130a:** | **8a: Emily**  **930a: Lola**  **11:**  **12:** | TBD | **NO**  **DRY LAND**. |
| **10 k** | **11 k/s** | **12 k/a** | **13 k/s** | (Lola-10) **14 k/s** | **15*Monthly Fees Due*** | **16 k** |
| **8a: (**open)  **9-1030a:**  **Intermediate Team^-**  Rescheduled TBA  Keith In N.C. for USA meet | **930a:** **Quinn/Landon**  **1030a: Leah**  **130a:** Hartney | **930:** **Lola**  **11: Autumn**  **NA: 330-5p**  **Group 1: 530-7p**  **Group 2:7-830p** | **930a:** **Annabella**  **1030a:**  **1130a:** | **7a: Maggie**  **8a: Harmony**  **930a: Lola**  **11:**  **12p:** | TBD | **NO**  **DRY LAND** |
| **17 k** | **18 k/s** | (Harmony-13) **19 k/a** | **20 k/s** | (Anna C.-10) **21 k/a** | **22** | **23 k** |
| **Aquaplex is closed**  **830a:** Felix/Leah  **930a:** Lia/Maegan  **1-230p:** NoV|Jr  **230-4:** JO| INT | **930a:**  **1030a:**  **130a:** Hartney | **830: Melanie**  **930:** **Lola**  **11: Autumn NA: 330-5p**  **Group 1: 530-7p**  **Group 2:7-830p** | **930a:** **Annabella**  **1030a:**  **1130a:** | **7a: Maggie**  **8a: Emily**  **930a: Lola**  **11:**  **12p:** | TBD  (Keith @ St. Catherine’s) | **NO**  **DRY LAND** |
| **24 k** | **25 k/s** | **26 k/a** | **27 k/s** | **28 a/s** | **29** | **30** |
| **Aquaplex is closed**  **830a:** Landon  **930a: Lia/Maegan**  **1-230p:** NoV|Jr  **230-4:** JO| INT | **930a:**  **1030a:**  **130a:** Hartney | **930:** **Lola**  **11: Autumn**  **NA: 330-5p**  **Group 1: 530-7p**  **Group 2:7-830p** | **930a:** **Annabella**  **1030a: Cera**  **1130a: Leah** | **7a: Maggie**  **8a: Harmony**  **930a: Lola**  **11:**  **12p:** | TBD | **NO**  **DRY LAND** |
| **December 1** | **December 2 k** | **December 3 k/a** | **December 4 a/s** | **December 5 a/s** | **December 6** | **December 7 k** |
| **830a:** Felix/**Cera**  **930a: Sydney/**  **1030a: Brook/Leah** | **930a:**  **1030a:**  **130a:** Hartney | **830: Harmony?**  **930:** **Lola**  **11: Autumn**  Group 2:530-7p  Group 1: 7-830p | **930a:** **Annabella**  **1030a:**  **1130a:** | **7a: Maggie**  **8a: Emily**  **930a: Lola**  **11:**  **12p:** | TBD  Travel day to Alexandria meet→→ | **NO**  **DRY LAND**  **@** Alexandria meet |

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