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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 mediaA 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 - JO945-1130a - 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*  | TBDTravel day toChapel Hill meet→→  | **@ Norfolk Academy**815-10a - JO945-1130a - NoV | Jr.11:15a–1p INT |
| **Hampton Aquaplex**615–815p JO| INT| | NoV|Jr. **@ Dryland Ctr.** Group 1: 530-7pGroup 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| INT1130a-115p NoV | Jr.  |
| **Hampton Aquaplex**615–815p JO| INT| | NoV|Jr. **@ Dryland Ctr.** Group 1: 530-7pGroup 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 - JO945-1130a - NoV | Jr.11:15a–1p INT |
| **Hampton Aquaplex**615–815p JO| INT| | NoV|Jr. **@ Dryland Ctr.** Group 1: 530-7pGroup 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| INT1030-1230a - NoV | Jr.  |
| **Hampton Aquaplex**615–815p JO| INT| | NoV|Jr. **@ Dryland Ctr.** Group 1: 530-7pGroup 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*  | TBDTravel day to Alexandria meet→→ | **@ Norfolk Academy\*\*****TBD** JO| INT**TBD** NoV | Jr.  |
| **Hampton Aquaplex**615–815p JO| INT| | NoV|Jr. **@ Dryland Ctr.** Group 1: 530-7pGroup 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 DriveVA Beach, VA 23454(757) 353-5735**BRING:**Water bottleCan-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: 530-7pGroup 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 TBAKeith 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 2:530-7pGroup 1: 7-830p | **930a:** **Annabella** **1030a:** **1130a:**   | **7a: Maggie****8a: Emily****930a: Lola** **11:** **12p:**  | TBDTravel day to Alexandria meet→→ | **NO****DRY LAND****@** Alexandria meet |

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