

WEST HIGH SWIMMING

2018 Spring Season Schedule

Day	Date	Event	Location	Start Time
Tue	January 10	First Day of Conditioning	Pool Deck	3:00-4:00pm
Mon	February 5	First Day of Practice	West Pool	3:00-5:00pm
Fri	February 16	Navy vs Gold – Kick Meet	West	3:30pm
Fri	February 23	Navy vs Gold – Pentathlon	West	3:30pm
Tue	February 27	Vs. Sierra High in Manteca	Sierra High	3:30pm
Sat	March 3	St. Mary's Relay Meet	St. Mary's	TBA
Tue	March 13	Vs. Weston Ranch	W. Ranch	3:30pm
Sat	March 10	March Madness Invitational	Oakdale	TBA
Fri	March 16	Vs. Franklin High (Stockton)	Franklin	3:30pm
Fri	March 23	Vs. Lincoln High	Lincoln	3:30pm
Thur	March 29	Vs. St. Mary's High	St. Mary's	3:30pm
Fri	April 6	Vs. Lodi High	West	3:30pm
Fri	April 13	Vs. Tokay High	West	3:30pm
Wed	April 18	Pinkie Invitational	West	3:30pm
Fri	April 20	Vs. Tracy High	Tracy High	3:30pm
Fri-Sat	April 27-28	TCAL Championships	Tokay High	TBA
Thur+Sat	May 10+12	Sac-Joaquin Sections – GIRLS	Tokay High	TBA
Fri-Sat	May 11-12	Sac-Joaquin Sections – BOYS	Tokay High	TBA
Fri-Sat	May 18-19	CIF State Championships	Clovis West	TBA

Wolfpack Coaching Staff

Jacob Lawson	Swim Coach / Men's Water Polo	jlawson092@gmail.com
Pat Windschitl	Swim Coach / Women's Water Polo	pwindschitl@gmail.com
Candy Windschitl	Swim Coach / Assistant Water Polo	candyw@comcast.net
Derek Sprecksel	West High Athletics Director	dsprecksel@tusd.net

Aquatics Team Information

WEBSITE www.whsaquatics.info

TEAM CONTACT remind.com/join/westhighsw

RANK ONE REGISTRATION <https://tracyunified.rankonesport.com/New/Home.aspx>