

DECEMBER

Head Coach: Chris Plumb

Carmel Swimming

“Ambition is the path to success. Persistence is the vehicle you arrive in.”—Bill Bradley

Sunday	4	Monday	5	Tuesday	6	Wednesday	7	Thursday	8	Friday	9	Saturday	10
						SR1 6:15-8:30 AM				HP/SR1 5:30-8:30 AM			
						SR2/3 6:30-8:30 GH 6:30-8:30		SR2/3/GH 7-8:30 AM				HP/SR1 7:00-10:00 AM	
						JNAT		JNAT		JNAT/FRANKLIN		JNAT/FRANKLIN	
		HP 4:20-6:00 PM		HP/SR1 4:20-6:00 PM		HP 4:20-6:30 PM				HP/SR1 4:20-6:00 PM			
		SR2/3/GH 4:20-6:30 PM		SR2 4:20-6:30				HP/SR1 4:20-6:30					
Sunday	11	Monday	12	Tuesday	13	Wednesday	14	Thursday	15	Friday	16	Saturday	17
						SR1 6:15-8:30 AM		HP 6-8:30 AM		SR1 5:30-8:30 AM		HP 8:00-11:00 AM	
		SR1 6:15-8:30 AM				SR2/3 5:30-8:30 GH 6:30-8:30		SR2/3/GH 6:15-8:30 AM		HP 6:15-8:30 AM		SR1 7:00-10:00 AM	
FRANKLIN										SR2 7:30-8:30 AM		SR2/3/GH 6:45-9:00 AM	
				JNAT OFF									
		At HSE MS 6 PM		HP/SR1 4:20-6:00 PM		HP 4:20-6:30 PM		HP 4:20-6:00 PM		HP/SR1 4:20-6:00 PM			
		HP 4:20-6		SR2 4:20-6:30				SR1 4:20-6:30					
Sunday	18	Monday	19	Tuesday	20	Wednesday	21	Thursday	22	Friday	23	Saturday	24
		HP/College 6-9 AM		HP/College 6:15-8:30 AM		SR1/College 6-9 AM		HP/College 6:15-8:30 AM		HP 6:45-9 AM		HP 8:00-11:00 AM	
		SR2/3/GH 8:45-11 AM		SR1 8:15-10:30				SR2/3/GH 8:15-10:30 AM		SR1/College 8:00-11 AM		College 8-11 AM	
				SR2/3 7:30-10:30 GH 8:30-10:30									
		SR1 1:30-4:30 PM				HP 1-4 PM		SR1 1:30-4:30 PM					
		HP 2:15-4:30 PM		HP/SR1 2:15-4:30		SR2/3/GH 1:45-4 PM		HP/SR1 2:15-4:30					
Sunday	25	Monday	26	Tuesday	27	Wednesday	28	Thursday	29	Friday	30	Saturday	31
		HP/College 6-9 AM		HP/College 6:15-8:30 AM				HP/College 6:15-8:30 AM		HP/College 6:15-8:30 AM		HP 8:00-11:00 AM	
		SR2/3/GH 8:45-11 AM		SR1 8:15-10:30		HP 10		SR2/3/GH 8:15-10:30 AM		SR1 8:15-10:30		SR1 7:00-10:00 AM	
				SR2/3 7:30-10:30 GH 8:30-10:30		SR1/2/3/GH 10:45				SR2/3 7:30-10:30 GH 8:30-10:30		SR2/3/GH 6:45-9:00 AM	
		SR1 1:30-4:30 PM				HOME VS HMSTD, ZVILLE MS 12		SR1 1:30-4:30 PM					
		HP 2:30-4:30 PM		HP/SR1 2:30-4:30				HP 2:30-4:30 PM					

Key: HP - High Performance SR 1 - Senior One SR 2 - Senior 2 SR 3- Senior Three GH - Greynound

Notes: All athletes should be prepared for dryland at every practice.

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