

JANUARY

Head Coach: Chris Plumb

Carmel Swimming

The Gods favor the Bold. - Ovid

Sunday	1	Monday	2	Tuesday	3	Wednesday	4	Thursday	5	Friday	6	Saturday	7
		HP/College 6-9 AM				HP 6:45-9 AM		HP 6-8:30 AM		SR1 5:30-8:30 AM		HP 8:00-11:00 AM	
		SR2/3 8-11 AM GH 9-11		All Swim 3 PM		SR1 6-8 AM		SR2/3/GH 6:15-8:30 AM		HP 6:15-8:30 AM		SR1 7:00-10:00 AM	
		SR1 1:30-4:30 PM		Diving at 5		SR2/3/GH 8-10 AM				SR2 7:30-8:30 AM		SR2/3/GH 6:45-9:00 AM	
		HP 2:15-4:30 PM		Home vs Fishers 6 PM		SR1 1:30-4:30 PM		HP 4:20-6:00 PM		HP/SR1 4:20-6:00 PM			
						HP 2:15-4:30 PM		SR1 4:20-6:30					
Sunday	8	Monday	9	Tuesday	10	Wednesday	11	Thursday	12	Friday	13	Saturday	14
		HP 5:30-8:30 AM		HP 6:15-8:30 AM		SR1 6:15-9 AM							
		SR1 6:15-8:30 AM		SR1 5:30-8:30 AM		SR2/3 6-9 AM GH 7-9 AM							
		SR2 7:30-8:30 AM				LATE START							
								SWIM MS@6					
		HP 4:20-6:00 PM		HP/SR1 4:20-6:00 PM		HP 4:20-6:30 PM		HOME VS PIKE		Winter Invite		Winter Invite	
		SR2/3/GH 4:20-6:30 PM		SR2 4:20-6:30									
Sunday	15	Monday	16	Tuesday	17	Wednesday	18	Thursday	19	Friday	20	Saturday	21
				HP 6:15-8:30 AM		SR1 6:15-8:30 AM		HP 6-8:30 AM		SR1 5:30-8:30 AM		HP 7:00-10:00 AM	
				SR1 5:30-8:30 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 6:00-9:00 AM	
										SR2 7:30-8:30 AM			
				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		JV Classic	
				SR2 4:20-6:30				SR1 4:20-6:30					
Sunday	22	Monday	23	Tuesday	24	Wednesday	25	Thursday	26	Friday	27	Saturday	28
		HP 5:30-8:30 AM		HP 6:15-8:30 AM		SR1 6:15-9 AM		HP 6-8:30 AM		SR1 5:30-8:30 AM		HP 8:00-11:00 AM	
		SR1 6:15-8:30 AM		SR1 5:30-8:30 AM		SR2/3 6-9 AM		SR2/3 6:15-8:30 AM		HP 6:15-8:30 AM		SR1 7:00-10:00 AM	
		SR2 7:30-8:30 AM				LATE START				SR2 7:30-8:30 AM		SR2/3 6:45-9:00 AM	
		HP 4:20-6:00 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			
		SR2/3 4:20-6:30 PM		SR2 4:20-6:30				SR1 4:20-6:30					

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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