

MARCH

Head Coach: Chris Plumb

Carmel Swimming

“You dream. You plan. You reach. There will be obstacles. There will be doubters. There will be mistakes. But with hard work, with belief, with confidence and trust in yourself and those around you, there are no limits.” - Michael Phelps

Sunday	26	Monday	27	Tuesday	28	Wednesday	1	Thursday	2	Friday	3	Saturday	4
		HP 5:30-8:30 AM		HP 6:15-8:30 AM		SR1 6:15-8:30 AM		HP 6:00-8:30 AM		HP 6:15-8:30 AM		SR1 7-10	
		SR1 6:15-8:30 AM		SR1 5:30-8:30 AM		SR2/3 6:45-8:30 AM		SR2/3 6:45-8:30 AM				HP 8-11	
		BSTATE OFF (AM/PM)										DIVISIONALS	
		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		DIVISIONALS			
		SR2/3 4:20-6:30 PM		SR2/SR3 4:20-6:30				SR1 4:20-6:30		HP/SR1 4:20-6:00 PM			
Sunday	5	Monday	6	Tuesday	7	Wednesday	8	Thursday	9	Friday	10	Saturday	11
		HP 6-8:30 AM		HP 6:15-8:30 AM		SR1 7:15-9:00 AM		HP 6:00-8:30 AM		HP 6:15-8:30 AM		HP 8:00-11:00 AM	
						SR2/3 6-9 AM		SR2/3 6:15-8:30 AM		SR2 7:30-8:30 AM			
						LATE START							
								SENIOR STATE					
		HP/SR1 4:20-6:00 PM		HP/SR1 4:20-6:00 PM		HP 4:20-6:30 PM		HP 4:20-6:00 PM		SENIOR STATE		SENIOR STATE	
								SR1 4:20-6:00		HP 4:20-6 PM			
Sunday	12	Monday	13	Tuesday	14	Wednesday	15	Thursday	16	Friday	17	Saturday	18
		HP 6:15-8:30 AM		HP 6:15-8:30 AM		SR1 6:45-8:30 AM				HP 6:15-8:30 AM		SECTIONALS 7:45-10	
				SR1 5:30-8:30 AM		SR2/3 6-8:30 AM		SR2 6:30-8:30 AM					
												AG STATE	
		HP 4:20-6:00 PM		HP 4:20-6:00 PM		HP 4:20-6:15PM		HP 4:20-6:00 PM		SR1/HP 4:20-6:00 PM			
		SR2/SR3 4:20-6:15		SR2/SR3 4:20-6:15				SR1 4:20-6:15		AG STATE			
Sunday	19	Monday	20	Tuesday	21	Wednesday	22	Thursday	23	Friday	24	Saturday	25
		HP 6:30-8:30 AM											
				SR1/2/3 6:45-8:30 AM		SR1/2/3 6:45-9 AM		SECTIONALS		SECTIONALS		SECTIONALS	
						LATE START							
		SECT 4:20-6:00 PM		SECT 4:20-6:00 PM		SECTIONALS 4:20-6		SR2/3 4:20-6:00 PM					
Sunday	26	Monday	27	Tuesday	28	Wednesday	29	Thursday	30	Friday	1	Saturday	2
						HP 6:15-8:30							
				SR1/2/3 7-8:30 AM									
								SPRING BREAK		SPRING BREAK		SPRING BREAK	
		CSC BANQUET		HP 4:20-6:30		HP 4:30-6:30							

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

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

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