

MAY

Head Coach: Chris Plumb

Carmel Swimming

Hard work isn't punishment. Hard work is the price of admission for the opportunity to reach excellence. Jay Bilas

Sunday	30	Monday	1	Tuesday	2	Wednesday	3	Thursday	4	Friday	5	Saturday	6
		NAT/HP DIST 6:15-8:30 AM		HP 6:15-8:30 AM		SR1 6:15-8:30 AM		HP 6-8:30 AM		SR1 5:30-8:30 AM		HP 8:00-11:00 AM	
				SR1 5:30-8:30 AM		SR2/3 5:30-8:30		SR2/3 6:15-8:30 AM		HP/SR2/SR3 6:15-8:30		SR1 7:00-10:00 AM	
CSC/FISHERS DUAL												SR2/3 7:45-10:00 AM	
		HP 4:20-6:00 PM		HP/SR1 4:20-6:00 PM		HP 4:20-6:15 PM		HP 4:20-6:00 PM					
		SR2/3 4:20-6:30 PM		SR2 4:20-6:30				SR1 4:20-6:30					
Sunday	7	Monday	8	Tuesday	9	Wednesday	10	Thursday	11	Friday	12	Saturday	13
		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 7:45-10:00 AM	
		HP 4:20-6:00 PM		NAT/SR1 4:20-6:00 PM		HP 4:20-6:15 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					
Sunday	14	Monday	15	Tuesday	16	Wednesday	17	Thursday	18	Friday	19	Saturday	20
		HP 6:15-8:30 AM		HP 6:45-8:30 AM		SR1 6:15-8:30 AM							
		SR1 6:15-8:30 AM		SR1 6:30-8:30 AM		SR2/3 5:30-8:30		SR1/SR2/3 6:15-8:30 AM		SR1/SR2 6:30-8:30 AM			
		SR2 7:30-8:30 AM										SR1/SR2/3 7:45-10:00 AM	
		HP 4:20-6:00 PM		SR1 4:20-6:00 PM		HP 4:20-6 PM		SPRING CUP		SPRING CUP		SPRING CUP	
		SR2/3 4:20-6:30 PM		SR2 4:20-6:30		SPRING CUP							
Sunday	21	Monday	22	Tuesday	23	Wednesday	24	Thursday	25	Friday	26	Saturday	27
		HP 6:15-8:30 AM		HP 6:15-8:30 AM		SR1 6:15-8:30 AM		HP 6-8:30 AM		HP 6:45-9		HP 8:00-11:00 AM	
		SR1 6:15-8:30 AM		SR1 5:30-8:30 AM		SR2/3 5:30-8:30		SR2/3 6:15-8:30 AM		SR1/SR2/SR3 8:45-11		SR1 7:00-10:00 AM	
		SR2 7:30-8:30 AM										SR2/3 7:45-10:00 AM	
		HP 4:20-6:00 PM		NAT/SR1 4:20-6:00 PM		HP 4:20-6:15 PM		HP 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 Two SR 3 - Senior Three NAT - National Swimmers (Those swimming at Nationals in June)

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

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