

NOVEMBER

Head Coach: Chris Plumb

Carmel Swimming

Confidence doesn't come out of nowhere. It's a result of something... hours and days and weeks and years of constant work. ~Roger Staubach

Sunday	30	Monday	31	Tuesday	1	Wednesday	2	Thursday	3	Friday	4	Saturday	5
		SR1 OPT 7-8:30 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 5:30-8:30 AM		SR2/3 6-9 AM GH 7-9 AM		SR2/3/GH 6:15-8:30 AM		HP 6:15-8:30 AM		SR1 7:00-10:00 AM	
						LATE START				SR2 7:30-8:30 AM		SR2/3/GH 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/GH 4:20-6:30 PM		SR2/3/GH 4:20-6:30				SR1 4:20-6:30					
Sunday	6	Monday	7	Tuesday	8	Wednesday	9	Thursday	10	Friday	11	Saturday	12
		HP 5:30-8:30 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 6:15-8:30 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 7:00-10:00 AM	
		SR2 7:30-8:30 AM								SR2 7:30-8:30 AM		SR2/3/GH 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/GH 4:20-6:30 PM		SR2/3/GH 4:20-6:30				SR1 4:20-6:30					
Sunday	13	Monday	14	Tuesday	15	Wednesday	16	Thursday	17	Friday	18	Saturday	19
		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 GH 7-9 AM		SR2/3/GH 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/GH 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/GH 4:20-6:30 PM		SR2/3/GH 4:20-6:30				SR1 4:20-6:30					
Sunday	20	Monday	21	Tuesday	22	Wednesday	23	Thursday	24	Friday	25	Saturday	26
		HP 5:30-8:30 AM				SR2/3/GH 7-10 AM		OPT HP 7:45-10 AM		HP 8:00-11:00 AM		HP 8:00-11:00 AM	
		SR1 6:15-8:30 AM		SR1 5:30-8:30 AM		HP 6:45-9 AM		<i>College 7:45-10</i>		SR1 7:00-10:00 AM		SR1 7:00-10:00 AM	
		SR2 7:30-8:30 AM								SR2/3/GH 6:00-9:00 AM		SR2/3/GH 7:00-9:00 AM	
								THANKSGIVING		<i>College 8:45-11</i>		<i>College 8:45-11</i>	
		HP 4:20-6:00 PM		HP/SR1 4:20-6:00 PM		HP/SR1 2:45-5:15							
		SR2/3/GH 4:20-6:30 PM		SR2 4:20-6:30		<i>College 2:45-5:15</i>							
Sunday	27	Monday	28	Tuesday	29	Wednesday	30	Thursday	1	Friday	2	Saturday	3
		JNAT 6-8:30 AM		JNAT 6:15-8:30 AM		SR1 7:15-9 AM		HP 6-8:30 AM		HP 6:15-8:30 AM		HP/SR1 8:00-11:00 AM	
		SR1 6:15-8:30 AM				SR2/3/GH 7:15-9 AM		SR2/3/GH 6:15-8:30 AM		SR2 7:30-8:30 AM			
		SR2 7:30-8:30 AM				LATE START						SR2/3/GH 6:45-9:00 AM	
										NASHVILLE		NASHVILLE	
		HP 4:20-6:00 PM		at NC MS @ 6 PM		HP 4:20-6:30 PM		HP 4:20-6:00 PM		HP/SR1 4:20-6:00 PM			
		SR2/3/GH 4:20-6:30 PM		Nashville 4:20-6 PM				SR1 4:20-6:30					

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

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

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