

# September

Head Coach: Chris Plumb

## Carmel Swimming

***“Continuous, unflagging effort, persistence & determination will win. Let not the man be discouraged who has these.”***

***—James W. Riley***

Sunday	28	Monday	29	Tuesday	30	Wednesday	31	Thursday	1	Friday	2	Saturday	3
		HP 5:30-8:30 AM								HP 6:15-8:30 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 AM		SR2/3 6:15-8:30 AM		SR2 6:15-8:30 AM		SR1 7:00-10:00 AM	
										SR1 4:20-6:00 PM		SR2/3 6:45-9:00 AM	
				HP 4:20-6:00 PM		HP 4:20-6:30 PM		HP 4:20-6:00 PM					
		SR2/3 4:20-6:30 PM		SR2 4:20-6:30		SR1 4:20-6:00 PM		SR1 4:20-6:30					
Sunday	4	Monday	5	Tuesday	6	Wednesday	7	Thursday	8	Friday	9	Saturday	10
		<b>Labor Day - No School</b>				HP 6:45-9 AM				HP 6:15-8:30 AM		HP 7:00-10:00 AM	
		HP 7:30-9:30		SR1 5:30-8:30 AM		SR2/3 6-9 AM		SR2/3 6:15-8:30 AM		SR1 5:30-8:30 AM		SR1 6:00-9:00 AM	
		SR1/SR2/SR3 9:15-11:15				<b>LATE START</b>				SR2 7:30-8:30 AM		SR2/3 6:45-9:00 AM	
				HP 4:20-6:00 PM				HP 4:20-6:00 PM					
				SR2 4:20-6:30		SR1 4:20-6:00 PM		SR1 4:20-6:30					
Sunday	11	Monday	12	Tuesday	13	Wednesday	14	Thursday	15	Friday	16	Saturday	17
		HP 5:30-8:30 AM				SR1 6:15-8:30 AM		HP 5:30-8:30 AM		HP 6:15-8:30 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 AM		SR2/3 6:15-8:30 AM		SR2 7:30-8:30 AM		SR1 7:00-10:00 AM	
												SR2/3 6:45-9:00 AM	
		HP 4:20-6:00 PM		HP 4:20-6:00 PM		HP 4:20-6:30 PM		HP 4:20-6:00 PM		SR1 4:20-6:00 PM			
		SR2/3 4:20-6:30 PM		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 5:30-8:30 AM				SR1 6:15-9:00 AM		HP 5:30-8:30 AM		HP 6:15-8:30 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		SR2 7:30-8:30 AM		SR1 7:00-10:00 AM	
						<b>LATE START</b>						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		<b>INTRASQUAD</b>	
		SR2/3 4:20-6:30 PM		SR2 4:20-6:30				SR1 4:20-6:30				<b>VOLUNTEERS NEEDED</b>	
Sunday	15	Monday	26	Tuesday	27	Wednesday	28	Thursday	29	Friday	30	Saturday	1
		HP 5:30-8:30 AM		HP 6:15-8:30 AM		SR1 6:15-8:30 AM		HP 5:30-8:30 AM		HP 6:15-8:30 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 AM		SR2/3 6:15-8:30 AM		SR1 5:30-8:30 AM		SR1 7:00-10:00 AM	
		SR2 7:30-8:30 AM								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					
		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**

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

Head Coach Phone: (317)575-8244

Head Coach Chris Plumb: cplumb@carmelwimclub.org

Associate Head Coach Chris Pfaff: cpfaff@carmelwimclub.org

Coach Tom Burchill: tburchill@carmelwimclub.org

Coach Jon Ranocak: jranocak@carmelwimclub.org

Coach Audrey Schank: aschank@carmelwimclub.org

Coach Melanie Pulley: mpulley@carmelwimclub.org