

DUNELAND Swim Club, Senior Group

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 3:15-5:30 – Short Course Meters	6 3:15-5:30 – Short Course Meters	7 3:15-5:30 – Short Course Meters	8 3:15-5:30 – Short Course Meters	9 3:15-5:30 – Short Course Meters	10 7:45-9:45 am Short Course Meters
11	12 5:45-7:30 am & 3:15-4:30 Short Course Meters 4:45-5:30 Strength Training	13 3:15-5:30 – Short Course Meters	14 3:15-5:30 – Short Course Meters	15 3:15-5:30 – Short Course Meters	16 5:45-7:30 am Short Course Meters 3:15-4:00 Strength Training	17 7:45-9:45 am Short Course Meters
18	19 5:45-7:30 am & 3:15-4:30 Short Course Meters 4:45-5:30 Strength Training	20 3:15-5:30 – Short Course Meters	21 3:45-5:45 Long Course Meters @ Hobart HS (3:15-5:30- Short Course Meters @ CHS)	22 3:45-5:45 Long Course Meters @ Hobart HS (3:15-5:30- Short Course Meters @ CHS)	23 5:45-7:30 am Short Course Meters 3:15-4:00 Strength Training	24 7:45-9:45 am Short Course Meters
25	26 5:45-7:30 am & 3:15-4:30 Short Course Meters 4:45-5:30 Strength Training	27 6:30-7:30 am Short Course Meters 3:15-5:30 – Short Course Meters	28 3:45-5:45 Long Course Meters @ Hobart HS (3:15-5:30- Short Course Meters @ CHS)	29 3:45-5:45 Long Course Meters @ Hobart HS (3:15-5:30- Short Course Meters @ CHS)	30 5:45-7:30 am Short Course Meters 3:15-4:00 Strength Training	1 7:45-9:45 am Short Course Meters

DUNELAND Swim Club, Senior Group

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 5:45-7:30 am & 3:15-4:30 Short Course Meters 4:45-5:30 Strength Training	4 6:30-7:30 am Short Course Meters 3:15-5:30 – Short Course Meters	5 3:45-5:45 Long Course Meters @ Hobart HS (3:15-5:30- Short Course Meters @ CHS)	6 3:45-5:45 Long Course Meters @ Hobart HS (3:15-5:30- Short Course Meters @ CHS)	7 5:45-7:30 am Short Course Meters 3:15-4:00 Strength Training	8 Duneland Swim Club (May Rockin Races)
9	10 5:45-7:30 am & 3:15-4:30 Short Course Meters 4:45-5:30 Strength Training	11 6:30-7:30 am Short Course Meters 3:15-5:30 – Short Course Meters	12 3:45-5:45 Long Course Meters @ Hobart HS (3:15-5:30- Short Course Meters @ CHS) <i>TYR Pro Swim Series LCM</i>	13 3:45-5:45 Long Course Meters @ Hobart HS (3:15-5:30- Short Course Meters @ CHS) <i>TYR Pro Swim Series LCM</i>	14 5:45-7:30 am Short Course Meters 3:15-4:00 Strength Training <i>TYR Pro Swim Series LCM</i>	15 7:45-9:45 am Short Course Meters <i>TYR Pro Swim Series LCM</i>
16	17 5:45-7:30 am & 3:15-4:30 Short Course Meters 4:45-5:30 Strength Training	18 6:00-7:30 am Short Course Meters 3:15-5:30 – Short Course Meters	19 3:45-5:45 Long Course Meters @ Hobart HS (3:15-5:30- Short Course Meters @ CHS)	20 3:45-5:45 Long Course Meters @ Hobart HS (3:15-5:30- Short Course Meters @ CHS)	21 5:45-7:30 am Short Course Meters 3:15-4:00 Strength Training <i>BA Prelim/Final</i>	22 7:45-9:45 am Short Course Meters <i>BA Prelim/Final</i>
23 <i>BA Prelim/Final</i>	24 5:45-7:30 am & 3:15-4:30 Short Course Meters 4:45-5:30 Strength Training	25 6:00-7:30 am Short Course Meters 3:15-5:30 – Short Course Meters	26 3:45-5:45 Long Course Meters @ Hobart HS (3:15-5:30- Short Course Meters @ CHS)	27 3:45-5:45 Long Course Meters @ Hobart HS (3:15-5:30- Short Course Meters @ CHS)	28 Concord OUTDOOR! LCM TEAM MEET <i>(? Meet Warm-Up @ CHS)</i>	29 Concord OUTDOOR! LCM TEAM MEET <i>(? Meet Warm- Up @ CHS)</i>
30 Concord OUTDOOR! LCM TEAM MEET OT (Cut Deadline)	31 3:15-4:30 Short Course Meters 4:45-5:30 Strength Training	1 6:00-7:30 am Short Course Meters 3:15-5:30 – Short Course Meters	2 3:45-5:45 Long Course Meters @ Hobart HS (3:15-5:30- Short Course Meters @ CHS)	3 3:45-5:45 Long Course Meters @ Hobart HS (3:15-5:30- Short Course Meters @ CHS)	4 Last Day Of School Holland Michigan LCM TEAM MEET <i>(? Meet Warm-Up @ CHS)</i>	5 <i>OT (Wave 1, 4th- 7th)</i> Holland Michigan LCM TEAM MEET <i>(? Meet Warm- Up @ CHS)</i>

DUNELAND Swim Club, Senior Group

July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
Taper Begins	7:00-8:30 am (Short Course Meters)	7:00-8:30 am (Short Course Meters)	7:00-8:30 am Long Course Meters @ Hobart HS (Short Course Meters @ CHS)	7:00-8:30 am Long Course Meters @ Hobart HS (Short Course Meters @ CHS)	7:00-8:30 am (Short Course Meters)	8:15-9:45 am (Short Course Meters)
11	12	13	14	15	16	17
Taper Continues	7:30-8:30 am (Short Course Meters)	7:30-8:30 am Long Course Meters @ Hobart HS (Short Course Meters @ CHS)	7:30-8:30 am (Short Course Meters)	Indiana Senior State Team Championships <i>(? Meet Warm-Up @ CHS)</i>	Indiana Senior State Team Championships <i>(? Meet Warm-Up @ CHS)</i>	Indiana Senior State Team Championships <i>(? Meet Warm-Up @ CHS)</i>
18	19	20	21	22	23	24
Indiana Senior State Team Championships					Indiana Age Group State Team Championships	Indiana Age Group State Team Championships
25	26	27	28	29	30	31
Indiana Age Group State Team Championships		<i>NCSA Summer Championships</i>	<i>NCSA Summer Championships</i>	<i>NCSA Summer Championships</i>	<i>NCSA Summer Championships</i> <i>Indiana Swimming Divisional</i>	<i>NCSA Summer Championships</i> <i>Indiana Swimming Divisional</i>

DUNELAND Swim Club, Senior Group

August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<i>Indiana Swimming Divisional</i> <i>(USA Swimming Futures, TBD)</i>		<i>Speedo Summer Championships, CA</i>	<i>Speedo Summer Championships, CA</i>	<i>Speedo Summer Championships, CA</i> <i>Central Zone 14 & Under, Elkhart</i>	<i>Speedo Summer Championships, CA</i> <i>Central Zone 14 & Under, Elkhart</i>	<i>Speedo Summer Championships, CA</i> <i>Central Zone 14 & Under, Elkhart</i>
8	9	10	11	12	13	14
<i>Central Zone 14 & Under, Elkhart</i>						
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				