

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 5:45-7:30 am & 3:15-4:30 Short Course Meters 4:45-5:30 Strength Training	12	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 5:45-7:30 am & 3:15-4:30 Short Course Meters 4:45-5:30 Strength Training	19	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 5:45-7:30 am & 3:15-4:30 Short Course Meters 4:45-5:30 Strength Training	26	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 6:30-7:30 am Short Course Meters Concord OUTDOOR! LCM TEAM MEET	29 Concord OUTDOOR! LCM TEAM MEET
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 6:30-7:30 am Short Course Meters Holland Michigan LCM TEAM MEET	5 <i>OT (Wave 1, 4th- 7th)</i> Holland Michigan LCM TEAM MEET

DUNELAND Swim Club, Senior Group

June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
Holland Michigan LCM TEAM MEET		6:00-8:30 am (Short Course Meters)	6:00-8:30 am (Short Course Meters)	6:00-8:30 am (Short Course Meters)	6:00-8:30 am (Short Course Meters)	7:45-9:45 am Short Course Meters
	2:00-3:00 pm (Strength Training)	2:00-4:00 pm Long Course Meters @ Hobart HS	2:00-4:00 pm Long Course Meters @ Hobart HS	2:00-3:00 pm (Strength Training)		
	3:00-5:00 PM Short Course Meters @ CHS	3:00-5:00 PM Short Course Meters @ CHS	3:00-5:00 PM Short Course Meters @ CHS			
13	14	15	16	17	18	19
<i>OT (Wave 2, 13th-20th)</i>	6:00-8:30 am (Short Course Meters)	6:00-8:30 am (Short Course Meters)	6:00-8:30 am (Short Course Meters)	6:00-8:30 am (Short Course Meters)	6:00-8:30 am (Short Course Meters)	7:45-9:45 am Short Course Meters
	2:00-3:00 pm (Strength Training)	2:00-4:00 pm Long Course Meters @ Hobart HS	2:00-4:00 pm Long Course Meters @ Hobart HS	2:00-3:00 pm (Strength Training)		
		3:00-5:00 PM Short Course Meters @ CHS	3:00-5:00 PM Short Course Meters @ CHS			
20	21	22	23	24	25	26
	6:00-8:30 am (Short Course Meters)	6:00-8:30 am (Short Course Meters)	6:00-8:30 am (Short Course Meters)	6:00-8:30 am (Short Course Meters)	6:30-7:30 am Short Course Meters	MSC LCM TEAM MEET
	2:00-3:00 pm (Strength Training)	2:00-4:00 pm Long Course Meters @ Hobart HS	2:00-4:00 pm Long Course Meters @ Hobart HS	2:00-3:00 pm (Strength Training)	MSC LCM TEAM MEET	
		3:00-5:00 PM Short Course Meters @ CHS	3:00-5:00 PM Short Course Meters @ CHS			

27	28	29	30	1	2	3
MSC LCM TEAM MEET	<i>Moratorium Week</i>	<i>Moratorium Week</i>	<i>Moratorium Week</i>	<i>Moratorium Week</i>	<i>Moratorium Week</i>	<i>Moratorium Week</i>
	6:00-8:30 AM	6:00-8:30 AM	6:00-8:30 AM	3:00-5:30 PM	6:00-8:30 AM	7:45-9:45 AM

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) AGS Swimmers Return To Coach Jim's Practices	7:00-8:30 AM (Short Course Meters) 2:00-3:30 pm Long Course Meters @ Hobart HS	7:00-8:30 AM (Short Course Meters) 2:00-3:30 pm Long Course Meters @ Hobart HS	7:00-8:30 AM (Short Course Meters)	7:00-8:30 AM (Short Course Meters)	7:45-9:45 AM (Short Course Meters) MSC Last Chance Invite
11	12	13	14	15	16	17
Taper Continues	7:30-8:30 AM (Short Course Meters) Duneland Swim Club Time Trial	7:30-8:30 AM (Short Course Meters) 2:00-3:00 pm Long Course Meters @ Hobart HS	7:30-8:30 AM (Short Course Meters)	Indiana Senior State Team Championships (? Meet Warm-Up @ CHS)	Indiana Senior State Team Championships (? Meet Warm-Up @ CHS)	Indiana Senior State Team Championships (? Meet Warm-Up @ CHS)
18	19	20	21	22	23	24
Indiana Senior State Team Championships	6:30-8:30 AM For Those in Meets or Those Wanting to Condition/Maintain	6:30-8:30 AM <i>For Those in Meets or Those Wanting to Condition/Maintain</i>	6:30-8:30 AM <i>For Those in Meets or Those Wanting to Condition/Maintain</i>	6:30-8:30 AM <i>For Those in Meets or Those Wanting to Condition/Maintain</i>	6:30-8:30 AM (Short Course Meters) Indiana Age Group State Team Championships	7:45-9:45 AM (Short Course Meters) Indiana Age Group State Team Championships
25	26	27	28	29	30	31
Indiana Age Group State Team Championships	6:30-8:30 AM <i>For Those in Meets or Those Wanting to Condition/Maintain</i>	6:30-8:30 AM <i>For Those in Meets or Those Wanting to Condition/Maintain</i>	6:30-8:30 AM <i>For Those in Meets or Those Wanting to Condition/Maintain</i>	6:30-8:30 AM <i>For Those in Meets or Those Wanting to Condition/Maintain</i>	6:30-8:30 AM (Short Course Meters) Indiana Swimming Divisional	7:45-9:45 AM (Short Course Meters) Indiana Swimming Divisional

DUNELAND Swim Club, Senior Group

August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Indiana Swimming Divisional	7:45-9:45 AM (Short Course Meters)	Speedo Summer Championships, Greensboro/NC	Speedo Summer Championships, Greensboro/NC	Speedo Summer Championships, Greensboro/NC	Speedo Summer Championships, Greensboro/NC	Speedo Summer Championships, Greensboro/NC
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				