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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 5**B Week****(1 Double Week)** | 6 | 7***5:45-7:30 AM= B2 @ MS*** | 8***5:45-7:30 AM= B1 @ MS*** | 9End of First Grading Period | 10 |
| 5:45-7:30 AM = B13:15-4:15 PM = B1(Condition w/Mr. Nelson) 3:15-5:15 PM = B2 | 5:45-7:30 AM = B23:15-4:15 PM = B2(Condition w/Mr. Nelson) 3:15-5:15 PM = B1 | 5:45-7:00 AM = B1 @ HS3:15-4:15 PM = B1(Condition w/Mr. Nelson) 3:15-5:15 PM = B2(Test/Lactate Set)**(\*Limited Contact Program)** | 5:45-7:00 AM = B2 @ HS3:15-4:15 PM = B2(Condition w/Mr. Nelson) 3:15-5:15 PM = B1(Test/Lactate Set)**(\*Limited Contact Program)** | 5:45-7:30 AM = D13:15-5:15 PM = D2 | 7:45-9:45 AM = E19:45-11:45 = E2**Total Water Practices/****Per Swimmer = 7** |
| 12**A Week****(2 Double Week)*****5:45-7:30 AM=A2 @ MS***5:45-7:00 AM = A1@ HS3:15-4:15 PM = A1(Condition w/Mr. Nelson) 3:15-5:15 PM = A2 | 13***5:45-7:30 AM= A1 @ MS***5:45-7:00 AM = A2 @ HS3:15-4:15 PM = A2(Condition w/Mr. Nelson) 3:15-5:15 PM = A1 | 14***5:45-7:30 AM= A2 @ MS***5:45-7:00 AM = A1 @ HS3:15-4:15 PM = A1(Condition w/Mr. Nelson) 3:15-5:15 PM = A2**(\*Limited Contact Program)** | 15***5:45-7:30 AM= A1 @ MS***5:45-7:00 AM = A2 @ HS3:15-4:15 PM = A2(Condition w/Mr. Nelson) 3:15-5:15 PM = A1**(\*Limited Contact Program)** | 16First Quarter Grade Reports5:45-7:30 AM = C13:15-5:15 PM = C2 | 177:45-9:45 AM = E19:45-11:45 = E2**Total Water Practices/****Per Swimmer = 8** |
|  |  | **Equipment Order** **Due Today** |  |  |  |
| 19**B Week****(2 Double Week)*****5:45-7:30 AM=B2 @ MS*** | 20***5:45-7:30 AM= B1 @ MS*** | 21***5:45-7:30 AM= B2 @ MS*** | 22No School, Parent Teacher Conferences (11:00-7:00) | 23No School, Fall Break | 24 |
| 5:45-7:00 AM= B1 @ HS3:15-4:15 PM = B1(Condition w/Mr. Nelson) 3:15-5:15 PM = B2**6:30 PM****Zoom Meeting** **(All Parents ‘Girls & Boys’ of HS Swimmers & Divers)**  | 5:45-7:00 AM = B2 @ HS3:15-4:15 PM = B2(Condition w/Mr. Nelson) 3:15-5:15 PM = B1**3:00 PM****Team Meeting Outside**  | 5:45-7:00 AM = B1@ HS3:15-4:15 PM = B1(Condition w/Mr. Nelson) 3:15-5:15 PM = B2(Test/Lactate Set)**(\*Limited Contact Program)** | 7:00-9:00 AM = B29:00-11:00 AM = B1(Test/Lactate Set)**(\*Limited Contact Program)** | 7:45-9:30 AM = D19:30-11:15/11:30 = D2 | 7:45-9:45 AM = E19:45-11:45 = E2**Total Water Practices/****Per Swimmer = 8** |

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| Image result for chesterton trojansImage result for chesterton trojans **Chesterton High School Swimming & Diving** **Duneland Swim Club** **Trojans** **October 2020** |  |

**\*All Conditioning Sessions & Limited Contact Program Require IHSAA Sports Physical for Participation**