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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*** | 9  End of First Grading Period | 10 |
| 5:45-7:30 AM = B1  3:15-4:15 PM = B1  (Condition w/Mr. Nelson)  3:15-5:15 PM = B2 | 5:45-7:30 AM = B2  3:15-4:15 PM = B2  (Condition w/Mr. Nelson)  3:15-5:15 PM = B1 | 5:45-7:00 AM = B1 @ HS  3:15-4:15 PM = B1  (Condition w/Mr. Nelson)  3:15-5:15 PM = B2  (Test/Lactate Set)  **(\*Limited Contact Program)** | 5:45-7:00 AM = B2 @ HS  3:15-4:15 PM = B2  (Condition w/Mr. Nelson)  3:15-5:15 PM = B1  (Test/Lactate Set)  **(\*Limited Contact Program)** | 5:45-7:30 AM = D1  3:15-5:15 PM = D2 | 7:45-9:45 AM = E1  9:45-11:45 = 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@ HS  3:15-4:15 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 @ HS  3:15-4:15 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 @ HS  3:15-4:15 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 @ HS  3:15-4:15 PM = A2  (Condition w/Mr. Nelson)  3:15-5:15 PM = A1  **(\*Limited Contact Program)** | 16  First Quarter Grade Reports  5:45-7:30 AM = C1  3:15-5:15 PM = C2 | 17  7:45-9:45 AM = E1  9:45-11:45 = 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*** | 22  No School, Parent Teacher Conferences (11:00-7:00) | 23  No School, Fall Break | 24 |
| 5:45-7:00 AM= B1 @ HS  3:15-4:15 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 @ HS  3:15-4:15 PM = B2  (Condition w/Mr. Nelson)  3:15-5:15 PM = B1  **3:00 PM**  **Team Meeting Outside** | 5:45-7:00 AM = B1@ HS  3:15-4:15 PM = B1  (Condition w/Mr. Nelson)  3:15-5:15 PM = B2  (Test/Lactate Set)  **(\*Limited Contact Program)** | 7:00-9:00 AM = B2  9:00-11:00 AM = B1  (Test/Lactate Set)  **(\*Limited Contact Program)** | 7:45-9:30 AM = D1  9:30-11:15/11:30 = D2 | 7:45-9:45 AM = E1  9:45-11:45 = 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**