|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | September  2021 |  |  |  |
| Image result for chesterton trojans | Chesterton  High School | Swimming  & Diving | Bold = HS Practice (Physical Required)  Non Bold = Club Practice | Duneland Swim Club |  | Image result for chesterton trojans |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  | 3:00-5:00  Video Taping & Drills | 3:00-5:00  Video Taping & Drills | 3:00-5:00  Video Taping & Drills |  |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  | No School  Labor Day | 3:00-5:00  Video Taping & Drills | **5:30-6:15 am**  **Strength & Conditioning**  **6:15-7:00 Practice**  3:00-5:00  Video Taping & Drills | 3:00-5:00  Video Taping & Drills | Homecoming/  Parade  Swim Team Float | Homecoming |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  | **5:30-6:15 am**  **Strength & Conditioning**  *6:15-7:00 Practice*  Call-Out Meeting  3:00-5:30  Practice | **3:00-5:00**  **Practice** | **5:30-6:15 am**  **Strength & Conditioning**  *6:15-7:00*  *Practice*  **3:00-5:00**  **Practice** | **3:00-5:00**  **Team Building**  **Activity** | 3:00-5:30  Practice | 7:45-8:30  Yoga  8:30-10:45  Practice |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  | **5:30-6:15 am**  **Strength & Conditioning**  *6:15-7:00 Practice*  3:00-5:30  Practice | **3:00-5:00**  **Practice** | **5:30-6:15 am**  **Strength & Conditioning**  *6:15-7:00*  *Practice*  **3:00-5:00**  **Practice** | **3:00-5:00**  **Team Building**  **Activity** | 3:00-5:30  Practice | 7:45-8:30  Yoga  8:30-10:45  Practice |
| 26 | 27 | 28 | 29 | 30 | 1 | 2 |
|  | **5:30-6:15 am**  **Strength & Conditioning**  *6:15-7:00 Practice*  3:00-5:30  Practice | ***3:00-5:00***  ***Practice*** | **5:30-6:15 am**  **Strength & Conditioning**  *6:15-7:00*  *Practice*  **3:00-5:00**  **Practice** | 5:45-7:00 am  Practice  **3:00-5:00**  **Team Building**  **Activity** | 3:00-5:30  Practice | 7:45-9:45  Practice |

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| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | October  2021 |  |  | Image result for chesterton trojans |
| Image result for chesterton trojans | Chesterton  High School | Swimming  & Diving | Bold = HS Practice (Physical Required)  Non Bold = Club Practice | Duneland Swim Club |  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  | **5:30-6:15 am**  **Strength & Conditioning**  *6:15-7:00 Practice*  3:00-5:30  Practice | ***3:00-5:00***  ***Practice*** | **5:30-6:15 am**  **Strength & Conditioning**  *6:15-7:00*  *Practice*  **3:00-5:00**  **Practice** | 5:45-7:00 am  Practice  **3:00-5:00**  **Team Building**  **Activity** | 3:00-5:30  Practice | 7:45-9:45  Practice |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  | **5:30-6:15 am**  **Strength & Conditioning**  *6:15-7:00 Practice*  3:00-5:30  Practice | ***3:00-5:00***  ***Practice*** | **5:30-6:15 am**  **Strength & Conditioning**  *6:15-7:00*  *Practice*  **3:00-5:00**  **Practice** | 5:45-7:00 am  Practice  **3:00-5:00**  **Team Building**  **Activity** | 5:45-7:00 am  Practice  3:00-5:30  Practice | 7:45-8:30  Yoga  8:30-10:45  Practice |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | **5:30-6:15 am**  **Strength & Conditioning**  *6:15-7:00 Practice*  3:00-5:30  Practice  Girls/Boys High School Parent Meeting, 6 PM | 5:45-7:00 am  Practice  **3:00-5:00**  **Practice** | **5:30-6:15 am**  **Strength & Conditioning**  *6:15-7:00*  *Practice*  **3:00-5:00**  **Practice** | 5:45-7:00 am  Practice  **3:00-5:00**  **Team Building**  **Activity** | 7:45-9:45  Practice  Fall Break  No School | 7:45-8:30  Yoga  8:30-10:45  Practice |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  | **5:30-6:15 am**  **Strength & Conditioning**  *6:15-7:00 Practice*  3:00-5:30  Practice  Girls High School Season  Start Date | 5:45-7:00 am  Practice  **3:00-5:30**  **Practice** | **6:15-7:00 am**  **Strength & Conditioning**  3:00-5:30  Practice | 5:45-7:00 am  Practice  **3:00-5:30**  **Practice** | 5:45-7:00 am  Practice  3:00-5:30  Practice | *7:45-10:45*  *Practice* |