|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | September2021 |  |  |  |
| Image result for chesterton trojans | ChestertonHigh 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 |
|  |  |  | 3:00-5:00Video Taping & Drills  | 3:00-5:00Video Taping & Drills | 3:00-5:00Video Taping & Drills |  |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  | No School Labor Day  | 3:00-5:00Video Taping & Drills | **5:30-6:15 am** **Strength & Conditioning** **6:15-7:00 Practice**3:00-5:00Video Taping & Drills | 3:00-5:00Video 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 Meeting3:00-5:30 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** |  3:00-5:30Practice | 7:45-8:30 Yoga8:30-10:45 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 Yoga8:30-10:45 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  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | October 2021 |  |  | Image result for chesterton trojans |
| Image result for chesterton trojans | ChestertonHigh 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 Yoga8:30-10:45 Practice |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | **5:30-6:15 am** **Strength & Conditioning** *6:15-7:00 Practice*3:00-5:30 PracticeGirls/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 Yoga8:30-10:45 Practice |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  | **5:30-6:15 am** **Strength & Conditioning** *6:15-7:00 Practice*3:00-5:30 PracticeGirls High School Season Start Date  | 5:45-7:00 am Practice **3:00-5:30** **Practice**  | **6:15-7:00 am** **Strength & Conditioning** 3:00-5:30Practice  | 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*  |