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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 14  **A Week**  **(0 Double Week)** | 15 | 16 | 17 | 18 | 19 |
| 5:45-7:30 AM = A1  3:15-4:15 PM = A1  (Condition w/Mr. Nelson)  3:15-5:15 PM = A2  **Daily Attendance Taken** | 5:45-7:30 AM = A2  3:15-4:15 PM = A2  (Condition w/Mr. Nelson)  3:15-5:15 PM = A1 | 5:45-7:30 AM = A1  3:15-4:15 PM = A1  (Condition w/Mr. Nelson)  3:15-5:15 PM = A2  **(\*Limited Contact Program)**  **3:00 Team Meeting Outside** | 5:45-7:30 AM = A2  3:15-4:15 PM = A2  (Condition w/Mr. Nelson)  3:15-5:15 PM = A1  **(\*Limited Contact Program)** | 5:45-7:30 AM = C1  3:15-5:15 PM = C2 | 7:45-9:45 AM = D1  9:45-11:45 = D2  **Total Water Practices/**  **Per Swimmer = 6** |
| 21  **B Week**  **(0 Double Week)** | 22 | 23 | 24 | 25 | 26 |
| 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 | 5:45-7:30 AM = B1  3:15-4:15 PM = B1  (Condition w/Mr. Nelson)  3:15-5:15 PM = B2  (Test/Lactate Set)  **(\*Limited Contact Program)** | 5:45-7:30 AM = B2  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 = C1  3:15-5:15 PM = C2 | 7:45-9:45 AM = D1  9:45-11:45 = D2  **Total Water Practices/**  **Per Swimmer = 6** |
| 28  **A Week**  **(1 Double Week)** | 29 | 30  ***5:45-7:30 AM= A2 @ MS*** | 1  ***5:45-7:30 AM= A1 @ MS*** | 2 | 3 |
| 5:45-7:30 AM = A1  3:15-4:15 PM = A1  (Condition w/Mr. Nelson)  3:15-5:15 PM = A2 | 5:45-7:30 AM = A2  3:15-4:15 PM = A2  (Condition w/Mr. Nelson)  3:15-5:15 PM = A1 | 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)** | 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)** | 5:45-7:30 AM = C1  3:15-5:15 PM = C2 | 7:45-9:45 AM =  E1  9:45-11:45 =  E2  **Total Water Practices/**  **Per Swimmer = 7** |

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

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