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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 = A13:15-4:15 PM = A1(Condition w/Mr. Nelson) 3:15-5:15 PM = A2**Daily Attendance Taken** | 5:45-7:30 AM = A23:15-4:15 PM = A2(Condition w/Mr. Nelson) 3:15-5:15 PM = A1 | 5:45-7:30 AM = A13:15-4:15 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 = A23:15-4:15 PM = A2(Condition w/Mr. Nelson) 3:15-5:15 PM = A1**(\*Limited Contact Program)** | 5:45-7:30 AM = C13:15-5:15 PM = C2 | 7:45-9:45 AM = D19:45-11:45 = D2**Total Water Practices/****Per Swimmer = 6** |
|  21**B Week****(0 Double Week)** | 22 | 23 |  24 | 25 | 26 |
| 5:45-7:30 AM = 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 | 5:45-7:30 AM = B13:15-4:15 PM = B1(Condition w/Mr. Nelson) 3:15-5:15 PM = B2(Test/Lactate Set)**(\*Limited Contact Program)** | 5:45-7:30 AM = B23:15-4:15 PM = B2(Condition w/Mr. Nelson) 3:15-5:15 PM = B1(Test/Lactate Set)**(\*Limited Contact Program)** | 5:45-7:30 AM = C13:15-5:15 PM = C2 | 7:45-9:45 AM = D19:45-11:45 = 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 = A13:15-4:15 PM = A1(Condition w/Mr. Nelson) 3:15-5:15 PM = A2 | 5:45-7:30 AM = A23:15-4:15 PM = A2(Condition w/Mr. Nelson) 3:15-5:15 PM = A1 | 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)** | 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)** | 5:45-7:30 AM = C13:15-5:15 PM = C2 | 7:45-9:45 AM = E19:45-11:45 = 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**