





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Chesterton High School Swimming</b>	<b>Duneland Swim Club</b>	<b>Bold = HS Practice (Physical Required)</b>  <b>Non Bold = Club Practice</b>	<i>September 1</i>	2	 3
4	5 <b>Labor Day, No School</b>	6 3:00-5:30 B Lanes (Stroke/FR)	7 3:00-5:30 B Lanes (Stroke/FR)	8 <b>3:00-5:00 Team Building Activities</b>	9 3:00-5:30 B Lanes (Stroke/FR)	10 7:45-10:15 B Lanes (Stroke/FR)
11	12 6:00-7:00 AM A Lanes (Team Specific) <b>Strength &amp; Conditioning (Non-Class Only)</b>  3:00-5:30 B Lanes (Stroke/FR) <b>? Video (Kinel)</b>	13 3:00 <i>Call-Out Meeting (Swim &amp; Dive)</i>  <b>3:00-5:30 B Lanes (Stroke/FR) ? Video (Kinel)</b>	14 6:00-7:00 AM A Lanes (Team Specific) <b>Strength &amp; Conditioning (Non-Class Only)</b>  <b>3:00-5:30 B Lanes (Stroke/FR) ? Video (Kinel)</b>	15 <b>3:00-5:00 Team Building Activities</b>	16 3:00-5:30 B Lanes (Stroke/FR) <b>? Video (Kinel)</b>	17 7:45-10:15 B Lanes (Stroke/FR)
18	19 6:00-7:00 AM A Lanes (Team Specific) <b>Strength &amp; Conditioning (Non-Class Only)</b>  3:00-5:30 B Lanes (Stroke/FR) <b>? Video (Kinel)</b>	20 <b>3:00-5:30 B Lanes (Stroke/FR) ? Video (Kinel)</b>	21 6:00-7:00 AM A Lanes (Team Specific) <b>Strength &amp; Conditioning (Non-Class Only)</b>  <b>3:00-5:30 B Lanes (Stroke/FR) ? Video (Kinel)</b>	22 <b>3:00-5:00 Team Building Activities</b>	23 <i>Homecoming Parade/Swim Team Float</i>	24 7:45-10:15 B Lanes (Stroke/FR)
25	26 6:00-7:00 AM A Lanes (Team Specific) <b>Strength &amp; Conditioning (Non-Class Only)</b>  3:00-5:30 B Lanes (Stroke/FR) <b>? Video (Kinel)</b>	27 <b>3:00-5:30 A Lanes (Team Specific) -Kick/Swim Test Set ? Video (Kinel)</b>	28 6:00-7:00 AM A Lanes (Team Specific) <b>Strength &amp; Conditioning (Non-Class Only)</b>  <b>3:00-5:30 D Lanes (IM/Stroke) ? Video (Kinel)</b>	29 5:45-7:00 AM B Lanes (Stroke/FR, Well Power)  <b>3:00-5:00 Team Building Activities</b>	30 3:00-5:30 E Lanes (2 Event Design Format) (Race Pace?) <b>? Video (Kinel)</b>	1 7:45-10:15 A Lanes (Team Specific, Broken)

Sunday October	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Chesterton High School Swimming</b>	<b>Duneland Swim Club</b>	<b>Bold = HS Practice (Physical Required)</b>			
2	3 6:00-7:00 AM A Lanes (Team Specific) <b>Strength &amp; Conditioning (Non-Class Only)</b>  3:00-5:30 B Lanes (Stroke/FR)	4 <b>3:00-5:30</b> <b>A Lanes (Team Specific)</b> <b>-Kick/Swim Test Set</b>	5 6:00-7:00 AM A Lanes (Team Specific) <b>Strength &amp; Conditioning (Non-Class Only)</b>  <b>3:00-5:30</b> <b>D Lanes (IM/Stroke)</b>	6 5:45-7:00 AM B Lanes (Stroke/FR, Well Power)  <b>3:00-5:00</b> <b>Team Building Activities</b>	7 3:00-5:30 E Lanes (2 Event Design Format) (Race Pace?)	8 7:45-10:15 A Lanes (Team Specific, Brokens)
9	10 6:00-7:00 AM A Lanes (Team Specific) <b>Strength &amp; Conditioning (Non-Class Only)</b>  3:00-5:30 B Lanes (Stroke/FR)	11 <b>3:00-5:30</b> <b>A Lanes (Team Specific)</b> <b>-Kick/Swim Test Set</b>	12 6:00-7:00 AM A Lanes (Team Specific) <b>Strength &amp; Conditioning (Non-Class Only)</b>  <b>3:00-5:30</b> <b>D Lanes (IM/Stroke)</b>	13 5:45-7:00 AM B Lanes (Stroke/FR, Well Power)  <b>3:00-5:00</b> <b>Team Building Activities</b>	14 3:00-5:30 E Lanes (2 Event Design Format) (Race Pace?)	15 7:45-10:15 A Lanes (Team Specific, Brokens)
16	17 6:00-7:00 AM A Lanes (Team Specific) <b>Strength &amp; Conditioning (Non-Class Only)</b>  3:00-5:30 B Lanes (Stroke/FR)  <i>Parent Meeting 6:00 PM</i>	18 <b>3:00-5:30</b> <b>A Lanes (Team Specific)</b> <b>-Kick/Swim Test Set</b>	19 6:00-7:00 AM A Lanes (Team Specific) <b>Strength &amp; Conditioning (Non-Class Only)</b>  <b>3:00-5:30</b> <b>D Lanes (IM/Stroke)</b>	20 <i>Fall Break</i> 7:45-10:15 B Lanes (Stroke/FR, Well Power) Team Building Activities	21 <i>Fall Break</i> 7:45-10:15 E Lanes (2 Event Design Format) (Race Pace?)	22 <i>Fall Break</i> 7:45-10:15 A Lanes (Team Specific, Brokens)
23	24 <i>Girls HS Season Start Date</i>  6:00-7:00 AM A Lanes (Team Specific) Strength & Conditioning (Non-Class Only)  3:00-5:30 B Lanes (Stroke/FR)	25 5:45-7:00 AM C Lanes (Distance FR)  3:00-5:30 A Lanes (Team Specific) -12x50 Stroke 1/ Best Average @ 2:00	26 6:00-7:00 AM A Lanes (Team Specific) Strength & Conditioning (Non-Class Only)  3:00-5:30 D Lanes (IM/Stroke)	27 5:45-7:00 AM B Lanes (Stroke/FR, Well Power)  3:00-5:00 A Lanes (Team Specific) (Recovery/Fun)	28 5:30-7:00 AM Attendance Expectation Practice, See Team Handbook  3:00-5:30 E Lanes (2 Event Design Format) (Race Pace?)	29 7:45-10:15 A Lanes (Team Specific, Brokens)

<p><b>Early November</b></p>	<p>31</p> <p>6:00-7:00 AM A Lanes (Team Specific) Strength &amp; Conditioning (Non-Class Only)</p> <p>3:00-5:30 B Lanes (Stroke/FR)</p> <p><i>Parent Meeting 6:00 PM</i></p>	<p>1</p> <p>5:45-7:00 AM C Lanes (Distance FR)</p> <p>3:00-5:30 A Lanes (Team Specific) -8x75 Stroke 2/ On the Way @ 4:00</p>	<p>2</p> <p>6:00-7:00 AM -Swim Practice -Strength &amp; Conditioning (Non-Class Only)</p> <p>3:00-5:30 -C (IM) &amp; A (Stroke)</p>	<p>3</p> <p>5:45-7:00 AM -Well Power (Stroke Groups/Lanes)</p> <p>3:00-5:00 -D (2 Event Design)</p>	<p>4</p> <p>5:45-7:00 AM -Well Power (Stroke Groups/Lanes)</p> <p>3:00-5:00 -B (Distance FR/Sprint FR) -Race Pace, etc.</p>	<p>5</p> <p>7:45-10:15 A Lanes (Team Specific, Brokens)</p>
<p><i>Boys HS Season Start Date</i></p> <p>6:00-7:00 AM A Lanes (Team Specific) Strength &amp; Conditioning (Non-Class Only)</p> <p>3:00-5:30 B Lanes (Stroke/FR)</p>	<p>7</p> <p>5:45-7:00 AM C Lanes (Distance FR)</p> <p>3:00-5:30 A Lanes (Team Specific) -6x100 Stroke 1/ Percentages @ 6:00</p>	<p>8</p> <p>6:00-7:00 AM -Swim Practice -Strength &amp; Conditioning (Non-Class Only)</p> <p>3:00-5:30 -C (IM) &amp; A (Stroke)</p>	<p>9</p> <p>5:45-7:00 AM -Well Power (Stroke Groups/Lanes)</p> <p>3:00-5:00 -D (2 Event Design)</p>	<p>10</p> <p>5:45-7:00 AM -Well Power (Stroke Groups/Lanes)</p> <p>3:00-5:00 -B (Distance FR/Sprint FR) -Race Pace, etc.</p>	<p>11</p> <p>7:45-10:15 A Lanes (Team Specific, Brokens)</p> <p><b>-Intersquad?</b></p>	<p>12</p>