**Southeastern Swim Club November 2019**

**Lionfish Silver/Gold Training Schedule**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 27 | 28  No  Practice | 29  Silver/Gold  6:00-8:00PM | 30  Silver/Gold  5:30-7:00PM | 31  Silver/Gold  6:00-8:00PM | 1  No Practice  HSE Home  Football  Game | 2  Newburgh  Closed  Invite |
| 3  Newburgh  Closed  Invite | 4  No  Practice | 5  Silver/Gold  6:00-8:00PM | 6  Gold Only  5:30-7:00PM | 7  Silver/Gold  6:00-8:00PM | 8  Silver/Gold  5:00-7:00PM | 9  Silver/Gold  8:30-10:30AM |
| 10 | 11  No  Practice | 12  Silver/Gold  6:00-8:00PM | 13  Gold Only  5:30-7:00PM | 14  Silver/Gold  6:00-8:00PM | 15  Silver/Gold  5:00-7:00PM | 16  Silver/Gold  8:30-10:30AM |
| 17 | 18  No  Practice | 19  Silver/Gold  6:00-8:00PM | 20  Gold Only  5:30-7:00PM | 21  Silver/Gold  6:00-8:00PM | 22  WTSC  Prelim/Finals  @ NC | 23  WTSC  Prelim/Finals  @ NC |
| 24  WTSC  Prelim/Finals  @ NC | 25  No  Practice | 26  No Practice  HSE vs NOB  @6PM | 27  Silver/Gold  9:30-11:30AM | 28  Happy  Thanksgiving! | 29  Silver/Gold  10:30AM-12:30PM | 30  Thanksgiving  Super Splash  W.U.-9:00am  M.S.-9:45am |

**Southeastern Swim Club December 2019**

**Lionfish Silver/Gold Training Schedule**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 1 | 2  No  Practice | 3  Silver/Gold  6:00-8:00PM | 4  Gold Only  5:30-7:00PM | 5  No Practice  HSE vs Franklin Central  @ 6PM | 6  Silver/Gold  5:00-7:00PM | 7  Silver/Gold  8:30-10:30AM |
| 8 | 9  No  Practice | 10  No Practice  HSE vs Westfield  @ 6PM | 11  Silver/Gold  5:30-7:00PM | 12  Silver/Gold  6:00-8:00PM | 13  Silver/Gold  5:00-7:00PM | 14  December  Closed Invite  @ Pike |
| 15  December  Closed Invite  @ Pike | 16  No  Practice | 17  Silver/Gold  6:00-8:00PM | 18  Silver/Gold  5:30-7:00PM | 19  Silver/Gold  6:00-8:00PM | 20  SSC vs FAST  14 & U  DUAL | 21  HSE  Splash-n-Clash  Silver/Gold  5:30-7:00PM |
| 22  HSE Winter  Break | 23  No  Practice | 24  No  Practice | 25  MERRY  CHRISTMAS | 26  Silver/Gold  9:30-11:30AM | 27  Silver/Gold  9:30-11:30AM | 28  Mile Time  Trial |
| 29 | 30  No  Practice | 31  Silver/Gold  9:30-11:30AM |  |  |  |  |

**Southeastern Swim Club January 2019**

**Lionfish Silver/Gold Training Schedule**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  | 1  No  Practice | 2  Silver/Gold  9:30-11:30AM | 3  Silver/Gold  9:30-11:30AM | 4  New Years  Super Splash  W.U. 9:00AM  M.S. 9:45AM |
| 5 | 6  No  Practice | 7  Silver/Gold  6:00-8:00PM | 8  Silver/Gold  5:30-7:00PM | 9  Silver/Gold  6:00-8:00PM | 10  No Practice  HSE HCC  Diving  Championship@ 5:30PM | 11  No Practice  HSE HCC  Swimming  Championship@11:00AM |
| 12 | 13  No  Practice | 14  Silver/Gold  6:00-8:00PM | 15  Gold Only  5:30-7:00PM | 16  Silver/Gold  6:00-8:00PM | 17  SSC MLK INVITE | 18  SSC MLK INVITE |
| 19  SSC MLK INVITE | 20  No  Practice | 21  Silver/Gold  6:00-8:00PM | 22  Gold Only  5:30-7:00PM | 23  No Practice  HSE vs Zionsville  @ 6PM  (Senior Night) | 24  Silver/Gold  5:00-7:00PM | 25 |
| 26 | 27  No  Practice | 28  Silver/Gold  6:00-8:00PM | 29  Gold Only  5:30-7:00PM | 30  Silver/Gold  6:00-8:00PM | 31  Silver/Gold  5:00-7:00PM | 1  No Practice  HSE Reserves  Championship |