**Sharks Training Schedule**

**Southeastern Swim Club Nov. 2019 – Jan. 2020**

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  | 1  5:30-6:45AM | 2  **Newburgh Fall Invite-** details on team website |
| 3  Newburgh Fall Invite | 4  No Practice | 5  5:30-6:45AM  4:30-6:30PM | 6  4-6PM | 7  4:30-6:30PM | 8  5:30-6:45AM | 9  10-Noon |
| 10 | 11  5-7PM | 12  5:30-6:45AM  4:30-6:30PM | 13    4-6PM | 14  4:30-6:30PM | 15  5:30-6:45AM | 16  10-Noon |
| 17 | 18  6-7:30PM | 19  5- 6:30PM | 20  6-7:30PM | 21  5-6:30PM | 22  **WTSC Holiday Championships Invite** | 23  **WTSC Holiday Championships Invite** |
| 24  **WTSC Holiday Championships Invite** | 25  OFF | 26  **NO PM Practice**  HSE Home Dual vs. Noblesville 6PM (Come Cheer the Royals!!!) | 27  10-11:30 am  (No School) | 28  **Happy Thanksgiving** | 29  10-11:30 am | 30  **Thanksgiving Super Spash**  9AM Warm up, 9:45AM Meet Start |
| 1  **December** | 2  6-7:30 PM | 3  5-6:30PM | 4  6-7:30PM | 5  **No PM Practice**  **HSE vs Franklin Central Home Dual Meet 6PM** | 6  Off | 7  10 -11:30AM |
| 8 | 9  6-7:30PM | 10  **No PM Practice**  **HSE vs Westfield Home Dual Meet 6PM** | 11  6-7:30PM | 12  5-6:30PM | 13  Off | 14  **December Closed Invite at Pike HS** |
| 15  December Closed Invite at Pike HS | 16  OFF | 17  5-6:30PM | 18  6-7:30PM | 19  5-6:30PM | 20  **SSC vs FAST Dual Meet at HSE, early evening. More details TBA** | 21  **5 to 6:30PM**  HSE Splash-N-Clash Invite |
| 22 | 23  SSC Winter Break | 24  SSC Winter Break | 25  Merry Christmas | 26  5 to 6:30PM | 27  10-Noon | 28  SSC Mile Trial  ITD : 10:45 AM |
| 29 | 30  10-Noon | 31  10-Noon |  |  |  |  |

JANUARY 2020

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