**Sharks Training Schedule**

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

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  | 15:30-6:45AM | 2**Newburgh Fall Invite-** details on team website |
| 3Newburgh Fall Invite | 4No Practice | 55:30-6:45AM 4:30-6:30PM | 64-6PM | 74:30-6:30PM | 85:30-6:45AM | 910-Noon |
| 10 | 115-7PM | 125:30-6:45AM 4:30-6:30PM | 13 4-6PM | 144:30-6:30PM | 155:30-6:45AM | 1610-Noon |
| 17 | 186-7:30PM | 195- 6:30PM | 206-7:30PM | 215-6:30PM | 22**WTSC Holiday Championships Invite** | 23**WTSC Holiday Championships Invite** |
| 24**WTSC Holiday Championships Invite** | 25OFF | 26**NO PM Practice**HSE Home Dual vs. Noblesville 6PM (Come Cheer the Royals!!!) | 2710-11:30 am(No School) | 28**Happy Thanksgiving** | 2910-11:30 am | 30**Thanksgiving Super Spash**9AM Warm up, 9:45AM Meet Start |
| 1**December**  | 26-7:30 PM  | 35-6:30PM  | 46-7:30PM | 5**No PM Practice****HSE vs Franklin Central Home Dual Meet 6PM** | 6Off | 710 -11:30AM  |
| 8 | 96-7:30PM | 10**No PM Practice****HSE vs Westfield Home Dual Meet 6PM** | 116-7:30PM | 125-6:30PM | 13Off | 14**December Closed Invite at Pike HS** |
| 15December Closed Invite at Pike HS | 16OFF | 175-6:30PM | 186-7:30PM  | 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 | 23SSC Winter Break | 24SSC Winter Break | 25Merry Christmas | 265 to 6:30PM | 2710-Noon | 28SSC Mile TrialITD : 10:45 AM  |
| 29 | 3010-Noon | 3110-Noon |  |  |  |  |

JANUARY 2020

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  | 1NoPractice | 210 – Noon  | 310-Noon | 4New YearsSuper SplashW.U. 9:00AMM.S. 9:45AM |
| 5 | 66-7:30PM | 75-6:30PM  | 86-7:30 PM | 9No PracticeHSE vs FishersMudsock Meet@ 6PM | 10No Practice HSE HCCDivingChampionship@ 5:30PM | 11No PracticeHSE HCCSwimmingChampionship@11:00AM |
| 12 | 136-7:30 PM | 145- 6:30 PM  | 156-7:30 PM  | 165-6:30 PM | 17SSC MLK INVITE | 18SSC MLK INVITE |
| 19SSC MLK INVITE | 20NoPractice Post Meet Recovery  | 215-6:30PM  | 226-7:30PM  | 23No PracticeHSE vs Zionsville@ 6PM(Senior Night) | 245-6:30PM  | 2510-11:30AM  |
| 26 | 276 -7:30 PM  | 285-6:30PM  | 296-7:30PM  | 305-6:30 PM | 31No Practice  | 1No PracticeHSE ReservesChampionship |