

FEBRUARY								Head Coach: Chris Plumb					
Carmel Swimming													
Preparation is your separation.													
Sunday	1	Monday	2	Tuesday	3	Wednesday	4	Thursday	5	Friday	6	Saturday	7
				SR1/2/3 5:45-8:30 AM		LATE START		SR1/2/3 5:45-8:30 AM		ALL 6:45-8:30 AM		ALL 6:45-9:45 AM	
		HP 6:15-8:30 AM				HP 6:55-9:10 AM				G SECT OFF			
												Girls Sectionals @ CHS	
		HP 4:20-6 PM											
		SR1/2/3 4:20-6:15 PM		HP 4:20-6:15		HP 4:20-6:00		Girls Sectionals @ CHS		HP 4:20-6 PM			
				SR1 4:20-6:15		SR1/2/3 4:20-6:15 PM							
Sunday	8	Monday	9	Tuesday	10	Wednesday	11	Thursday	12	Friday	13	Saturday	14
		SR1/2/3 5:45-8:30 AM				SR1/2/3 5:45-8:30 AM				SR1/2/3 5:45-8:30 AM		HP 8:00-11:00 AM	
		HP 6:15-8:30 AM				HP 6:15-8:30 AM				HP 6:15-8:30 AM		SR1 7:00-10:00 AM	
		G STATE: 6:45/7:15-8:30 AM				G STATE OFF				G STATE OFF		SR2/3 7:00-10:00 AM	
		HP 4:20-6 PM		HP 4:20-6:15		HP 4:20-6:00		HP 4:20-6:15					
		SR1 4:20-6 PM		SR1/2/3 4:20-6:15		SR1 4:20-6 PM		SR1/2/3 4:20-6:15					
										GIRLS STATE		GIRLS STATE	
Sunday	15	Monday	16	Tuesday	17	Wednesday	18	Thursday	19	Friday	20	Saturday	21
						SR1/2/3 5:45-8:30 AM		SR1/2/3 6:30-8:30 AM				ALL 6:45-9:45 AM	
		SR1/2/3 8:45-11:30 AM				HP 6:15-8:30 AM							
						LATE START						Boys Sectionals @ CHS	
		HP 2:00-5:00 PM		HP 4:20-6:15		HP 4:20-6:00		Boys Sectionals @ CHS		All 4:20-6 PM			
				SR1/2/3 4:20-6:15		SR1 4:20-6 PM							
Sunday	22	Monday	23	Tuesday	24	Wednesday	25	Thursday	26	Friday	27	Saturday	28
		HP 6:15-8:30 AM		SR1/2/3 5:45-8:30 AM		HP 6:15-8:30 AM		SR1/2/3 5:45-8:30 AM		All 6:15-8:30 AM		HP 8:00-11:00 AM	
		B State 7:15-8:30 AM				B State OFF						SR1 7:00-10:00 AM	
												SR2/3 7:00-10:00 AM	
		HP 4:20-6 PM											
		SR1/2/3 4:20-6:15 PM		HP 4:20-6:15		HP 4:20-6:00		HP 4:20-6:15					
				SR1 4:20-6:00		SR1/2/3 4:20-6:15 PM		SR1 4:20-6:00		BOYS STATE		BOYS STATE	
Key: HP - High Performance SR 1 - Senior One SR 2 - Senior 2 SR 3- Senior Three GH - Greyhound													
Notes: All athletes should be prepared for dryland at every practice.													

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