

MARCH

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 5:45-8:30 AM				SR1 6:25-9:10 AM				SR1 5:45-8:30 AM		HP 8:00-11:00 AM	
		SR2/3 6:45-8:30 AM				SR 2/3 7:25-9:10				HP 6:15-8:30 AM		SR1 7:00-10:00 AM	
		HP 6:15-8:30 AM				HP 6:55-9:10 AM							
						LATE START							
		HP 4:20-6 PM		HP 4:20-6:15		HP 4:20-6:00		HP 4:20-6:15		HP 4:20-6 PM			
		SR1 4:20-6 PM		SR1/2/3 4:20-6:15		SR1 4:20-6 PM		SR1/2/3 4:20-6:15		Divisionals		Divisionals	
Sunday	8	Monday	9	Tuesday	10	Wednesday	11	Thursday	12	Friday	13	Saturday	14
		HP 6:15-8:30 AM				SR 2/3 6:15-8:30 AM				HP/SR2/3 6:15-8:30 AM		HP 8:00-11:00 AM	
		SR 1 7:15-8:30 AM				HP 6:15-8:30 AM		SR 1 7:15-8:30 AM					
		HP 4:20-6 PM		HP 4:20-6:15		HP 4:20-6:00		HP 4:20-6:15 PM		HP 4:20-6			
		SR1 4:20-6:00 PM		SR1 4:20-6:15		SR1 4:20-6:00		SR 2/3 4:20-6:00					
Divisionals				SR2/3 4:20-6:00				Senior State		Senior State		Senior State	
Sunday	15	Monday	16	Tuesday	17	Wednesday	18	Thursday	19	Friday	20	Saturday	21
				SR 2/3 6:15-8:30 AM		LATE START		SR1/2/3 6:15-8:30 AM		SECT 6:15-8:30 AM			
		HP 6:15-8:30 AM				HP 6:55-9:10 AM							
													SECT 1:15-3:30 PM
		HP 4:20-6 PM		HP 4:20-6:15		HP 4:20-6:00		HP 4:20-6:15					
		Senior State		Sr2/3 4:20-6:00 PM		SR1 4:20-6:00		SR1/2/3 4:20-6:00 PM		Age Group State @ CHS		Age Group State @ CHS	Age Group State @ CHS
Sunday	22	Monday	23	Tuesday	24	Wednesday	25	Thursday	26	Friday	27	Saturday	28
		SR1/2/3 6:15-8:30 AM				SR1/2/3 6:15-8:30 AM							
		SECT 7:15-8:30 AM											
		SECT 4:20-6 PM		SECT 4:20-6:15		SECT 4:20-6:00							
Age Group State @ CHS				SR1/2/3 4:20-6:00				SPEEEDO SECTIONALS @ CHS		SPEEEDO SECTIONALS @ CHS		SPEEEDO SECTIONALS @ CHS	

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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