

# APRIL

Head Coach: Chris Plumb

## Carmel Swimming

***“You dream. You plan. You reach. There will be obstacles. There will be doubters. There will be mistakes. But with hard work, with belief, with confidence and trust in yourself and those around you, there are no limits.” - Michael***

Sunday	5	Monday	6	Tuesday	7	Wednesday	8	Thursday	9	Friday	10	Saturday	11
		9:30-11 AM (Dryland)				9:30-11 AM (Dryland)				9:30-11 AM (Dryland)			
				3:15-5:30 PM				3:15-5:30 PM					
		<b>CCS SPRING BREAK</b>		<b>CCS SPRING BREAK</b>		<b>CCS SPRING BREAK</b>		<b>CCS SPRING BREAK</b>		<b>CCS SPRING BREAK</b>		<b>CCS SPRING BREAK</b>	
Sunday	12	Monday	13	Tuesday	14	Wednesday	15	Thursday	16	Friday	17	Saturday	18
		HP 6:15-8:30 AM				All 6:55-9:10 AM				All 6:15-8:30 AM		HP 8:00-11:00 AM	
		SR1/2/3 6:15-8:30 AM				<b>LATE START</b>						SR1 7:00-10:00 AM	
												SR2/3 7:00-9:00 AM	
		HP 4:20-6:00 PM		All 4:20-6:15 PM		HP 4:20-6:00 PM		All 4:20-6:15 PM		HP 4:20-6:00 PM			
<b>CCS SPRING BREAK</b>													
Sunday	19	Monday	20	Tuesday	21	Wednesday	22	Thursday	23	Friday	24	Saturday	25
		HP 6:15-8:30 AM				HP 6:15-8:30 AM				All 6:15-8:30 AM		HP 7-10 AM	
		SR1/SR2/SR3 5:45-8:30 AM				SR1/SR2/SR3 5:45-8:30 AM						<b>FISHERS &amp; CARMEL DUAL</b>	
		HP/SR1 4:20-6:00 PM		All 4:20-6:15 PM		HP 4:20-6:00 PM		All 4:20-6:15 PM		HP 4:20-6:00 PM			
Sunday	26	Monday	27	Tuesday	28	Wednesday	29	Thursday	30	Friday	1	Saturday	2
		HP 6:15-8:30 AM				HP 6:55-9:10 AM				All 6:15-8:30 AM		HP 8:00-11:00 AM	
<b>FISHERS &amp; CARMEL DUAL</b>		SR1/2/3 5:45-6:30 AM				SR1/2/3 6:25-9:10 AM						SR1 7:00-10:00 AM	
						<b>LATE START</b>						SR2/3 7:00-9:00 AM	
		HP/SR1 4:20-6:00 PM		All 4:20-6:15 PM		HP/SR1 4:20-6:00 PM		All 4:20-6:15 PM		HP 4:20-6:00 PM			

**Key: HP - High Performance SR 1 - Senior One SR 2 - Senior 2 SR 3- Senior Three HPNAT - High Performance NAT Group (Those competing in June Nationals)**

**Notes: All athletes should be prepared for dryland at every practice.**

Head Coach Phone: (317)575-8244

Head Coach Chris Plumb: cplumb@carmelwimclub.org

Associate Head Coach Chris Pfaff: cpfaff@carmelwimclub.org

Coach Jon Ranochak: jranochak@carmelwimclub.org

Coach Mark Keaveney mkeaveney@Carmelwimclub.org

Coach Melanie Pulley: mpulley@carmelwimclub.org

Coach Kayla Griffin kgriffin@carmelwimclub.org

Coach Will Plumb wplumb@carmelwimclub.org