

MAY

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 Phelps

Sunday	3	Monday	4	Tuesday	5	Wednesday	6	Thursday	7	Friday	8	Saturday	9
		HP 6:15-8:30 AM								All 6:15-8:30 AM		SR1 7:00-10:00 AM	
		SR1/SR2/SR3 5:45-8:30 AM				SR1/SR2/SR3 5:45-8:30 AM						SR2/3 7:00-10:00 AM	
						INDY SPRING CUP		INDY SPRING CUP		INDY SPRING CUP		INDY SPRING CUP	
		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					
Sunday	10	Monday	11	Tuesday	12	Wednesday	13	Thursday	14	Friday	15	Saturday	16
		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/SR2/SR3 5:45-8:30 AM				LATE START						SR1 7:00-10:00 AM	
												SR2/3 7:00-10:00 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		10 Days C,P, and G Swim Challenge			
										Details TBD			
Sunday	17	Monday	18	Tuesday	19	Wednesday	20	Thursday	21	Friday	22	Saturday	23
		HP 6:15-8:30 AM				HP 6:15-8:30 AM				All 6:15-8:30 AM		HP 8:00-11:00 AM	
		SR1/SR2/SR3 5:45-8:30 AM				SR1/SR2/SR3 5:45-8:30 AM						SR1 7:00-10:00 AM	
												SR2/3 7:00-10:00 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

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

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