

MAY/JUNE

Head Coach: Chris Plumb

HP - Carmel Swimming

Preparation is your separation.

Sunday	24	Monday	25	Tuesday	26	Wednesday	27	Thursday	28	Friday	29	Saturday	30
		Memorial Day		HP 6:15-8:30 AM		HP 6:15-8:30				HP 6:15-8:30 AM			
		H 9-12										HP 8-11 AM	
				HP 2-4:15 PM		HP 2-4:15 PM		HP 2-5 PM					
Sunday	31	Monday	1	Tuesday	2	Wednesday	3	Thursday	4	Friday	5	Saturday	6
		HP 6:15-8:30 AM				HP 6:15-8:30 AM		HP 6:15-8:30 AM		HP 6:15-8:30 AM			HP 8-11 AM
		HP 2:00-4:15 PM		HP 2-5 PM		HP 2-4:15 PM		HP 2-5 PM					
Sunday	7	Monday	8	Tuesday	9	Wednesday	10	Thursday	12	Friday	13	Saturday	14
		HP 6:15-8:30 AM				HP 6:15-8:30 AM		HP 6:15-8:30 AM		HP 6:15-8:30 AM			HP 8-11 AM
		HP 2:00-4:15 PM		HP 2-5 PM		HP 2-4:15 PM		HP 2-5 PM					
Sunday	14	Monday	15	Tuesday	16	Wednesday	17	Thursday	18	Friday	19	Saturday	20
		HP 6:15-8:30 AM		Indy Pro Meet 8-9:30 AM IU-Indy		HP 6:15-8:30 AM							
		HP 2:00-4:15 PM		HP 2-5 PM (Indy Pro Off)									
						Indy Pro Swim		Indy Pro/Nashville		Indy Pro/Nashville		Indy Pro/Nashville	
Sunday	21	Monday	22	Tuesday	23	Wednesday	24	Thursday	26	Friday	27	Saturday	28
		HP 6:15-8:30 AM				HP 6:15-8:30 AM		HP 6:15-8:30 AM		HP 6:15-8:30 AM			HP 8-11 AM
		HP 2:00-4:15 PM		HP 2-5 PM		HP 2-4:15 PM		HP 2-5 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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