

MAY/JUNE

Head Coach: Chris Plumb

Carmel Swimming

Preparation is your separation.

Sunday	24	Monday	25	Tuesday	26	Wednesday	27	Thursday	28	Friday	29	Saturday	30
		Memorial Day		SR1 6:15-8:30 AM		SR2/3 6:15-8:30 AM		SR1 5:45-8:30 AM		SR1 6:15-8:30 AM		SR1 7:00-10:00 AM	
		SR1 7-10 AM											
		SR2/3 8-10 AM						SR 2 12-3 PM					
				SR2/3 12-3 PM		SR1 2-4:15		SR3 1-3 PM		SR1 2:00-4:15 PM			
										SSC Summer Sizzler		SSC Summer Sizzler	
Sunday	31	Monday	1	Tuesday	2	Wednesday	3	Thursday	4	Friday	5	Saturday	6
		SR1 6:15-8:30 AM		SR1 5:45-8:30 AM		SR2/3 6:15-8:30 AM		SR1 5:45-8:30 AM		SR 1/2/3 6:15-8:30 AM		SR1/2/3 7:00-10:00 AM	
								SR 2 12-3 PM					
		SR1 2:00-4:15 PM		SR2/3 12-3 PM		SR1 2-4:15		SR3 1-3 PM					
								OVC		OVC		OVC	
Sunday	7	Monday	8	Tuesday	9	Wednesday	10	Thursday	12	Friday	13	Saturday	14
		SR1/2/3 6:15-8:30 AM		SR1 5:45-8:30 AM		SR2/3 6:15-8:30 AM		SR1 5:45-8:30 AM		SR1/2/3 6:15-8:30 AM			
								SR 2 12-3 PM				SR1 7:00-10:00 AM	
		SR1 2:00-4:15 PM		SR2/3 12-3 PM		SR1 2-4:15		SR3 1-3 PM		SR1 2:00-4:15 PM		SR2/3 7:00-10:00 AM	
Sunday	14	Monday	15	Tuesday	16	Wednesday	17	Thursday	18	Friday	19	Saturday	20
		SR1/2/3 6:15-8:30 AM		SR1 5:45-8:30 AM		SR2/3 6:15-8:30 AM		SR1 5:45-8:30 AM					
								SR 2 12-3 PM					
		SR1 2:00-4:15 PM		SR2/3 12-3 PM		SR1 2-4:15		SR3 1-3 PM					
								CGAC Mid Summer		CGAC Mid Summer		CGAC Mid Summer	
Sunday	21	Monday	22	Tuesday	23	Wednesday	24	Thursday	26	Friday	27	Saturday	28
				SR1 5:45-8:30 AM		SR2/3 6:15-8:30 AM		SR1 5:45-8:30 AM		SR1/2/3 6:15-8:30 AM			
								SR 2 12-3 PM				SR1 7:00-10:00 AM	
		SR1 2:00-4:15 PM		SR2/3 12-3 PM		SR1 2-4:15		SR3 1-3 PM		SR1 2:00-4:15 PM		SR2/3 7:00-10:00 AM	

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.

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