

JULY								Head Coach: Chris Plumb					
HP - Carmel Swimming													
Preparation is your separation.													
Sunday	5	Monday	6	Tuesday	7	Wednesday	8	Thursday	9	Friday	10	Saturday	11
		HP 6:15-8:30 AM				HP 6:15-8:30 AM				HP Senior State 6-8:15 AM			
		HP 2:00-4:15 PM		HP 2-5 PM		HP 2-4:15 PM		HP 2-5 PM		CSC Closed Invite		CSC Closed Invite	
Sunday	12	Monday	13	Tuesday	14	Wednesday	15	Thursday	16	Friday	17	Saturday	18
		HP 6:15-8:30 AM				HP 6:15-8:30 AM				HP 6:15-8:30 AM			
		HP Senior State 7-8:30 AM				HP Senior State Off						HP 8-11 AM	
		HP 2:00-4:15 PM		HP 2-5 PM		HP 2-4:15 PM		HP 2-5 PM					
				HP Senior State 3-5 PM									
								SENIOR STATE		SENIOR STATE		SENIOR STATE	
Sunday	19	Monday	20	Tuesday	21	Wednesday	22	Thursday	23	Friday	24	Saturday	25
		NAT/FUT 6:15-8:30 AM				NAT/FUT 6:45-8:30 AM		NAT/FUT 6:45-9 AM					
		NAT/FUT 2:00-4:15 PM		NAT/FUT 2:45-5 PM		NAT/FUT 2-4:15 PM				NAT/FUT 1:45-3:45 PM		NAT/FUT 1:45-3:45 PM	
								AG STATE @ CHS		AG STATE @ CHS		AG STATE @ CHS	
Sunday	26	Monday	27	Tuesday	28	Wednesday	29	Thursday	30	Friday	31	Saturday	1
		FUTURES 7-8:30 AM											
		FUTURES 2:00-4:15 PM											
AG STATE @ CHS				NATIONALS		NAT/FUTURES		NAT/FUTURES		NAT/FUTURES		NAT/FUTURES	
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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