

September

Head Coach: Chris Plumb

Carmel Swimming

“Continuous, unflagging effort, persistence & determination will win. Let not the man be discouraged who has these.”—James W. Riley

Sunday	30	Monday	31	Tuesday	1	Wednesday	2	Thursday	3	Friday	4	Saturday	5
		SR1/2/3 6:10-8:25 AM				All 6:50-9:05 AM LATE START				All 6:10-8:25 AM		HP 8:00-11:00 AM	
												SR1 7:00-10:00 AM	
												SR2/3 7:00-10:00 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					
Sunday	6	Monday	7	Tuesday	8	Wednesday	9	Thursday	10	Friday	11	Saturday	12
		HP 8:00-11:00 AM				HP 6:10-8:25 AM				All 6:10-8:25 AM		HP 8:00-11:00 AM	
		SR1 7:00-10:00 AM				SR1/SR2/SR3 6:15-8:30 AM						SR1 7:00-10:00 AM	
		SR2/3 7:00-10:00 AM										SR2/3 7:00-10:00 AM	
				All 4:20-6:15 PM		HP 4:20-6:00 PM		All 4:20-6:15 PM					
Sunday	13	Monday	14	Tuesday	15	Wednesday	16	Thursday	17	Friday	18	Saturday	19
		HP 6:10-8:25 AM				All 6:50-9:05 AM				All 6:10-8:25 AM		HP 8:00-11:00 AM	
		SR1/SR2/SR3 5:45-8:25 AM				LATE START						SR1 7:00-10:00 AM	
												SR2/3 7:00-10:00 AM	
		SR1/HP 4:20-6:00 PM		All 4:20-6:15 PM		HP 4:20-6:00 PM		All 4:20-6:15 PM					
Sunday	20	Monday	21	Tuesday	22	Wednesday	23	Thursday	24	Friday	25	Saturday	26
		HP 6:10-8:25 AM				HP 6:10-8:25 AM				All 6:10-8:25 AM		HP 8:00-11:00 AM	
		SR1/SR2/SR3 5:45-8:25 AM				SR1/SR2/SR3 5:45-8:25 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 Two SR 3 - Senior Three

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

Head Coach Phone: (317)575-8244

Head Coach Chris Plumb: cplumb@carmelsswimclub.org

Associate Head Coach Chris Pfaff: cpfaff@carmelsswimclub.org

Coach Jon Ranochak: jranochak@carmelsswimclub.org

Coach Will Plumb: wplumb@carmelsswimclub.org

Coach Melanie Pulley: mpulley@carmelsswimclub.org

Coach Kayla Griffin: kgriffin@carmelsswimclub.org

Coach Emmaleigh Zietlow: ezietlow@carmelsswimclub.org

Coach Bella Cothorn: bcothorn@carmelsswimclub.org