

OCTOBER

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	27	Monday	28	Tuesday	29	Wednesday	30	Thursday	1	Friday	2	Saturday	3
		HP 6:10-8:25 AM				SR1/2/3 6:20-9:05 AM				All 6:10-8:25 AM			
		SR1/SR2/SR3 5:45-8:25 AM				HP 6:50-9:05 AM						FISHERS and SSC MEETS	
						LATE START							
		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		HP 4:20-6:00 PM			
Sunday	4	Monday	5	Tuesday	6	Wednesday	7	Thursday	8	Friday	9	Saturday	10
		HP 6:10-8:25 AM				SR1/2/3 6:20-9:05 AM				All 6:10-8:25 AM		HP 8:00-11:00 AM	
FISHERS and SSC MEETS		SR1/SR2/SR3 5:45-8:25 AM				HP 6:50-9:05 AM						SR1 7:00-10:00 AM	
						LATE START						SR2/3 7:00-10:00 AM	
		SR1/HP 4:20-6:00 PM		All 4:20-6:15 PM		SR1/HP 4:20-6:00 PM		All 4:20-6:15 PM		HP 4:20-6:00 PM			
Sunday	11	Monday	12	Tuesday	13	Wednesday	14	Thursday	15	Friday	16	Saturday	17
		HP 6:10-8:25 AM								Option 1 6:00-8:15 AM		HP 8:00-11:00 AM	
										Option 2 8:00-10:15 AM		SR1 7:00-10:00 AM	
												SR2/3 7:00-10:00 AM	
		All 3:15-5:30 PM		All 3:15-5:30 PM		All 3:15-5:30 PM		All 3:15-5:30 PM					
		CCS FALL BREAK		CCS FALL BREAK		CCS FALL BREAK		CCS FALL BREAK		CCS FALL BREAK			
Sunday	18	Monday	19	Tuesday	20	Wednesday	21	Thursday	22	Friday	23	Saturday	24
		HP 6:10-8:25 AM				SR1/2/3 6:20-9:05 AM				All 6:10-8:25 AM		HP 8:00-11:00 AM	
		SR1/SR2/SR3 5:45-8:25 AM				HP 6:50-9:05 AM						SR1 7:00-10:00 AM	
						LATE START						SR2/3 7:00-10:00 AM	
		SR1/HP 4:20-6:00 PM		All 4:20-6:15 PM		SR1/HP 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.

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