

OCTOBER/NOVEMBER								Head Coach: Chris Plumb					
Carmel Swimming													
Confidence doesn't come out of nowhere. It's a result of something... hours and days and weeks and years of constant work. ~Roger Staubach													
Sunday	25	Monday	26	Tuesday	27	Wednesday	28	Thursday	29	Friday	30	Saturday	31
		HP 6:10-8:25 AM				HP 6:10-8:25 AM				All 6:10-8:25 AM		CSC HP 8:00-11:00 AM	
		SR1/SR2/SR3 5:45-8:25 AM				SR1/SR2/SR3 5:45-8:25 AM						CSC SR1 7:00-10:00 AM	
						GH 6:25-8:25 AM						CSC SR2/3 7:00-10:00 AM	
		GH 4:20-5:30 PM											
		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	1	Monday	2	Tuesday	3	Wednesday	4	Thursday	5	Friday	6	Saturday	7
		HP 6:10-8:25 AM				SR1/2/3 6:20-9:05 AM							
		SR1/SR2/SR3 5:45-8:25 AM				HP 6:50-9:05 AM							
		GH 6:25-8:25 AM				GH 7:05-9:05 AM							
						LATE START							
		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		FALL FRENZY		FALL FRENZY	
Sunday	8	Monday	9	Tuesday	10	Wednesday	11	Thursday	12	Friday	13	Saturday	14
		SR2/SR3 6:45-8:25 AM				HP 6:10-8:25 AM				All 6:10-8:25 AM		CSC HP 8:00-11:00 AM	
		GHG 6:45-8:25 AM				SR1/SR2/SR3 5:45-8:25 AM						CSC SR1 7:00-10:00 AM	
						GH 6:25-8:25 AM						CSC SR2/3 7:00-10:00 AM	
		GHB 4:20-5:30 PM											
FALL FRENZY		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	15	Monday	16	Tuesday	17	Wednesday	18	Thursday	19	Friday	20	Saturday	21
		HP 6:10-8:25 AM				SR1/2/3 6:20-9:05 AM				All 6:10-8:25 AM		CSC HP 8:00-11:00 AM	
		SR1/SR2/SR3 5:45-8:25 AM				HP 6:50-9:05 AM						CSC SR1 7:00-10:00 AM	
		GH 6:25-8:25 AM				GH 7:05-9:05 AM						CSC SR2/3 7:00-10:00 AM	
						LATE START							
		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	22	Monday	23	Tuesday	24	Wednesday	25	Thursday	26	Friday	27	Saturday	28
		HP 6:10-8:25 AM				SR2/3/GH 7-10 AM		CSC HP/SR1 7:45-10 AM		CSC HP 6:45-9 AM		CSC HP 8:00-11:00 AM	
		SR1/SR2/SR3 5:45-8:25 AM				HP/SR1 6:45-9 AM		College 7:45-10		CSC SR1 7:00-10:00 AM		CSC SR1 7:00-10:00 AM	
		GH 6:25-8:25 AM								CSC SR2/3 9-12 PM		CSC SR2/3 7:00-10:00 AM	
										College 9-11		College 7-9 AM	
		TEAM PICTURES - ALL		All 4:20-6:15 PM		HP/SR1 3:15-5:30 PM							
								THANKSGIVING		CSC HPJNAT 3:15-5:30 PM			
Key: HP - High Performance SR 1 - Senior One SR 2 - Senior Two SR 3- Senior Three GH - Greyhound													
Notes: All athletes should be prepared for dryland at every practice.													

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