DECEMBER

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	29	Monday	30	Tuesday	1	Wednesday	2	Thursday	3	Friday	4	Saturday	5
		HPJANT 6:10-8:25 AM				SR 2/3 7:15-9:05 AM		Nashville 7:00-8:30 AM		HP JNAT 6:45-8:25 AM		CSC HP 7:45-10:00 AM	
		SR1/SR2/SR3 6:40-8:25 AM				GH 7:15-9:05 AM							
		GH 6:40-8:25 AM		All 4:20-6:15 PM									
		HP NASH 6:40-8:25 AM		**MS 6 PM**		**LATE START**							
				AWAY: @ Browsburg, Zionsville		HP 4:20-6:00		All 4:20-6:15 PM		HP 4:20-6 PM			
		SR1/HP 4:20-6:00 PM				SR1 4:20-6 PM				**NASHVILLE/FRANKLIN**		**NASHVILLE/FRANKLIN**	
Sunday	6	Monday	7	Tuesday	8	Wednesday	9	Thursday	10	Friday	11	Saturday	12
		HPJNAT 7:10-8:25 AM				HP 6:10-8:25 AM						CSC HP/SR1 7:00-10:00 AM	
						SR1 5:45-8:25 AM				All 6:10-8:25 AM		CSC SR2/3 7:00-10:00 AM	
						SR2/SR2/GH 6:25-8:25 AM							
		HP 4:20-6 PM		All 4:20-6:15 PM		SR1/HP 4:20-6:00 PM		All 4:20-6:15 PM					
NASHVILLE/FRANKLIN						**JNATS**		**JNATS**		**JNATS**		**JNATS**	
Sunday	13	Monday	14	Tuesday	15	Wednesday	16	Thursday	17	Friday	18	Saturday	19
		HP 6:10-8:25 AM (JNAT OFF)				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							
		HP/SR1 4:20-6 PM		ALL 4:20-6:15		HP/SR1 4:20-6:00		ALL 4:20-6:15		HP 4:20-6 PM			
Sunday	20	Monday	21	Tuesday	22	Wednesday	23	Thursday	24	Friday	25	Saturday	26
		HP/College 6:45-9 AM				CSC HP/College 6:45-9 AM		CSC HP/SR1 8-11 AM		**CHRISTMAS DAY**		CSC HP 8:00-11:00 AM	
		SR1 6:45-9 AM				CSC SR1 6:45-9 AM		College 9-11 AM				CSC SR1 7:00-10:00 AM	
		SR2/3 8:30-11:30/GH 9:30-11:30				SR2/3 8:30-11:30/GH 9:30-11:30						CSC SR2/3 7:00-10:00 AM	
				WU: 10 AM MS 12:00 PM									
		HP 2:45-5:30 PM//SR1 2:45-5:00 PM		**HOME vs FISHERS**		HP 2:45-5:30 PM//SR1 2:45-5:00 PM							
Winter Break		**Winter Break**		**Winter Break**		**Winter Break**		**Winter Break**		**Winter Break**		**Winter Break**	
Sunday	27	Monday	28	Tuesday	29	Wednesday	30	Thursday	31	Friday	1	Saturday	2
		HP/College 6:45-9 AM				HP/College 6:45-9 AM		CSC HP 8:00-11:00 AM				All 7-8:30 CHS	
		SR1 6:45-9 AM				SR1 6:45-9 AM		CSC SR1 7:00-10:00 AM				MS 10:00 AM	
		SR2/3 8:30-11:30/GH 9:30-11:30		**CARMEL INVITE**		SR2/3 8:30-11:30/GH 9:30-11:30		CSC SR2/3 7:00-10:00 AM				**AWAY vs HSE**	
				WU: 10 AM MS 12:00 PM						All 1-4 PM			
		HP 2:45-5:30 PM//SR1 2:45-5:00 PM				HP 2:45-5:30 PM//SR1 2:45-5:00 PM							
Winter Break		**Winter Break**		**Winter Break**		**Winter Break**		**Winter Break**		**Winter Break**		**Winter Break**	

Notes: All athletes should be prepared for dryland at every practice. Key: HP - High Performance SR 1 - Senior One SR 2 - Senior 2 SR 3- Senior Three GH - Greyhound

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