

APRIL

Head Coach: Chris Plumb

Carmel Swimming

“You dream. You plan. You reach. There will be obstacles. There will be doubters. There will be mistakes. But with hard work, with belief, with confidence and trust in yourself and those around you, there are no limits.” - Michael Phelps

Sunday	7	Monday	8	Tuesday	9	Wednesday	10	Thursday	11	Friday	12	Saturday	13
		Sr1 7-10		HP 6:15-8:30		SR1 6:15-9:00 AM		HP 6-8:30 AM		HPOT 6:15-8:30 AM			
		Sr2/3 8-10				SR2/3 6-9 AM		SR2/3 6:15-8:30 AM				HPOT 7-10 AM	
		HP 9-12				LATE START				SR2 7:30-8:30 AM		Senior 9-10:30 AM	
		Eclipse											
				HPOT/SR1 4:20-6:00 PM		HP 4:20-6:15 PM		HPOT 4:20-6:00 PM		HP/SR1 4:20-6:00 PM			
				SR2/SR3 4:20-6:30				SR1 4:20-6:15					
Sunday	14	Monday	15	Tuesday	16	Wednesday	17	Thursday	18	Friday	19	Saturday	20
		HP 5:30-8:30 AM		HP 6:15-8:30 AM		SR1 6:15-8:30 AM		HP 6-8:30 AM		HP 6:15-8:30 AM		HP 8:00-11:00 AM	
		SR1 6:15-8:30 AM		SR1 5:30-8:30 AM		SR2/3 5:30-8:30 AM		SR2/3 6:15-8:30 AM		SR1 5:30-8:30 AM		SR1 7:00-10:00 AM	
		SR2 7:30-8:30 AM								SR2 7:30-8:30 AM		SR2/3 7:00-9:00 AM	
		HP 4:20-6:00 PM		SR1/HPOT 4:20-6:00 PM		HP 4:20-6:15 PM		HP 4:20-6:00 PM		HPOT 4:20-6:00 PM			
		SR2/3 4:20-6:30 PM		SR2/SR3 4:20-6:30				SR1 4:20-6:15					
Sunday	21	Monday	22	Tuesday	23	Wednesday	24	Thursday	25	Friday	26	Saturday	27
		HP 5:30-8:30 AM		HP 6:15-8:30 AM		SR1 6:15-9:00 AM		HP 6-8:30 AM		HPOT 6:15-8:30 AM			
		SR1 6:15-8:30 AM		SR1 5:30-8:30 AM		SR2/3 6-9 AM		SR2/3 6:15-8:30 AM				FISHERS & CARMEL DUAL	
		SR2 7:30-8:30 AM				LATE START				SR2 7:30-8:30 AM			
		HP 4:20-6:00 PM		SR1/HPOT 4:20-6:00 PM		HP 4:20-6:15 PM		HP 4:20-6:00 PM		HP/SR1 4:20-6:00 PM			
		SR2/3 4:20-6:30 PM		SR2/SR3 4:20-6:30				SR1 4:20-6:15					
Sunday	28	Monday	29	Tuesday	30	Wednesday	1	Thursday	2	Friday	3	Saturday	4
		HPOT 5:30-8:30 AM		HP 6:15-8:30 AM		SR1 6:15-8:30 AM		HP 6-8:30 AM		HP 6:15-8:30 AM		HP 8:00-11:00 AM	
FISHERS & CARMEL DUAL		SR1 6:15-8:30 AM		SR1 5:30-8:30 AM		SR2/3 5:30-8:30 AM		SR2/3 6:15-8:30 AM		SR1 5:30-8:30 AM		SR1 7:00-10:00 AM	
										SR2 7:30-8:30 AM		SR2/3 7:00-9:00 AM	
		HP 4:20-6:00 PM		SR1/HP 4:20-6:00 PM		HP 4:20-6:15 PM		HP 4:20-6:00 PM		HPOT 4:20-6:00 PM			
		SR2/3 4:20-6:30 PM		SR2/SR3 4:20-6:30				SR1 4:20-6:15					

Key: HP - High Performance SR 1 - Senior One SR 2 - Senior 2 SR 3- Senior Three HPOT - High Performance Olympic Trial Group

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

Head Coach Phone: (317)575-8244

Head Coach Chris Plumb: cplumb@carmelclub.org

Associate Head Coach Chris Pfaff: cpfaff@carmelclub.org

Coach Tom Burchill: tburchill@carmelclub.org

Coach Jon Ranocak: jranocak@carmelclub.org

Coach Audrey Schank: aschank@carmelclub.org

Coach Melanie Pulley: mpulley@carmelclub.org

Coach Breanna Andersen: banderson@carmelclub.org

Coach Kalyla Griffin: kgriffin@carmelclub.org