

# FEBRUARY

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	28	Monday	29	Tuesday	30	Wednesday	31	Thursday	1	Friday	2	Saturday	3
		HPB 5:30-8:30 AM		HP 6:15-8:30 AM		SR1 6:15-8:30 AM		HP 5:30-8:30 AM		HP 6:15-8:30 AM		HP 8:00-11:00 AM	
		SECTG/SR1 6:15-8:30 AM		SR1 6:15-8:30 AM		SR2/3 5:30-8:30 AM		SR1/2/3 6:15-8:30 AM		G SECT OFF		SR1 7:00-10:00 AM	
		SR2/3 7:30-8:30						GSECT 7:15-8:30 AM		SR2 7:30-8:30 AM		SR2/3 7:45-10:00 AM	
		HP 4:20-6:00 PM		HP/SR1 4:20-6:00 PM		HP 4:20-6:15 PM				HP/SR1 4:20-6:00 PM			
		SR2/3 4:20-6:30 PM		SR2/SR3 4:20-6:30				<b>GIRLS SECTIONALS @ 5:30 p (NHS)</b>				<b>GIRLS SECTIONALS @ 1:00p (NHS)</b>	
Sunday	4	Monday	5	Tuesday	6	Wednesday	7	Thursday	8	Friday	9	Saturday	10
		HP 6:15-8:30		HP 6:15-8:30 AM		SR1 6:15-9:00 AM		HP 5:30-8:30 AM		HP 6:15-8:30 AM		HP 7:00-10:00 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		SR1 5:30-8:30 AM		SR1 6:00-9:00 AM	
		SR2/3 7:30-8:30				<b>LATE START</b>		GSTATE OFF		SR2 7:30-8:30 AM		SR2/3 6:45-9:00 AM	
		HP 4:20-6:00 PM		HP/SR1 4:20-6:00 PM		HP 4:20-6:15 PM		HP 4:20-6:00 PM					
		SR2/3 4:20-6:30 PM		SR2/SR3 4:20-6:30				SR1 4:20-6:30					
										<b>GIRLS STATE @ 6:00p (IUPUI)</b>		<b>GIRLS STATE @ 1:00p IUPUI)</b>	
Sunday	11	Monday	12	Tuesday	13	Wednesday	14	Thursday	15	Friday	16	Saturday	17
		HP 6:15-8:30 GSTATE OFF		HP 6:15-8:30 AM		SR1 6:15-8:30 AM		HP 6-8:30 AM		HP 6:15-8:30 AM		HP/SR1 6-9 AM	
		SR1 6:15-8:30 AM				SR2/3 5:30-8:30 AM		SR1/2/3 6:15-8:30 AM		B SECT OFF		SR2/3 6-8 AM	
		SR2/3 7:30-8:30						BSECT 7:15-8:30 AM		SR2 7:30-8:30 AM			
				(GState OFF PM)									
		HP 4:20-6:00 PM		HP/SR1 4:20-6:00 PM		HP 4:20-6:15 PM				HP/SR1 4:20-6:00 PM			
		SR2/3 4:20-6:30 PM		SR2/SR3 4:20-6:30				<b>BOYS SECTIONALS @ 6:00p (CHS)</b>				<b>BOYS SECTIONALS @ 1:00p (CHS)</b>	
Sunday	18	Monday	19	Tuesday	20	Wednesday	21	Thursday	22	Friday	23	Saturday	24
		HP 9:00-12:00   BSTATE 10:15-12		HP 6:15-8:30 AM		SR1 6:15-9:00 AM		HP 6-8:30 AM		HP 6:15-8:30 AM		HP 7:00-10:00 AM	
		SR1 7:00-10:00 AM		SR1 5:30-8:30 AM		SR2/3 6-9 AM		SR2/3 6:15-8:30 AM		SR1 5:30-8:30 AM		SR1 6:00-9:00 AM	
		SR2/3 8:00-10:00 AM		BSTATE 7-8:30 AM		<b>LATE START</b>		BSTATE OFF		SR2 6:15-8:30 AM		SR2/3 6-8 AM	
		<b>NO SCHOOL</b>		HP/SR1 4:20-6:00 PM		HP 4:20-6:15 PM		HP 4:20-6:00 PM					
				SR2/SR3 4:20-6:30				SR1 4:20-6:30		<b>BOYS STATE @ 6:00p (IUPUI)</b>		<b>BOYS STATE @ 1:00p (IUPUI)</b>	
Sunday	25	Monday	26	Tuesday	27	Wednesday	28	Thursday	29	Friday	1	Saturday	2
		HP 6-8:30 AM		HP 6:15-8:30 AM		SR1 6:15-8:30 AM		HP 6:00-8:30 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 6:45-8:30 AM						SR1 7:00-10:00 AM	
		BSTATE OFF (AM)											
				(BSTATE OFF PM)									
		HP 4:20-6:00 PM		HP/SR1 4:20-6:00 PM		HP 4:20-6:15 PM		HP/(SR2/3DIV) 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 4:20-6:30		<b>Divisionals</b>		<b>Divisionals</b>	

**Key:** HP - High Performance SR 1 - Senior One SR 2 - Senior 2 SR 3- Senior Three GH - Greynound

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

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