

# MAY

Head Coach: Chris Plumb

## Carmel Swimming

**Hard work isn't punishment. Hard work is the price of admission for the opportunity to reach excellence. Jay Bilas**

Sunday	5	Monday	6	Tuesday	7	Wednesday	8	Thursday	9	Friday	10	Saturday	11
		HP 5:30-8:30 AM		HP 6:15-8:30 AM		SR1 6:15-9:00 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 6-9 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				<b>LATE START</b>				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					
		SR2/3 4:20-6:30 PM		SR2/SR3 4:20-6:30				SR1 4:20-6:15					
Sunday	12	Monday	13	Tuesday	14	Wednesday	15	Thursday	16	Friday	17	Saturday	18
		HP 6-8:30 AM		HP 6:45-8:30 AM		SR1 6:15-8:30 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 6-8:30 AM		SR2/3 7:00-9:00 AM	
						<b>INDY SPRING CUP</b>		<b>INDY SPRING CUP</b>		<b>INDY SPRING CUP</b>		<b>INDY SPRING CUP</b>	
		HP 4:20-6:00 PM		SR1 4:20-6:00 PM		HP 4:20-6:15 PM							
		SR2/3 4:20-6:30 PM		SR2/SR3 4:20-6:30				SR1 4:20-6:15		SR1 4:20-6			
Sunday	19	Monday	20	Tuesday	21	Wednesday	22	Thursday	23	Friday	24	Saturday	25
				HP 6:15-8:30 AM		SR1 6:15-8:30 AM		HP 6-8:30 AM		OPTION 6-8 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		HP 6:45-9		SR1 7:00-10:00 AM	
		SR2 7:30-8:30 AM								SR1/SR2/SR3 8:45-11		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					
		SR2/3 4:20-6:30 PM		SR2/SR3 4:20-6:30				SR1 4:20-6:15					
Sunday	26	Monday	27	Tuesday	28	Wednesday	29	Thursday	30	Friday	31	Saturday	1
		HP 8:00-11:00 AM		HP 6-8:15		HP/SR1 6-8:15		SR1 5:30-8:15		HP/SR1 6-8:15		HP 8:00-11:00 AM	
		SR1 7:00-10:00 AM						SR2 5:30-8				SR1 7:00-10:00 AM	
		SR2/3 7:45-10:00 AM		SR1 11:30-2:30		SR2/3 11:45-2				SR2/3 11-1		SR2/3 7:45-10:00 AM	
				SR2 12:30-3:30		HP 1:45-3:45		HP 11:30-2:30		HP 1:45-4			

**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.**

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