

**August**

**Head Coach: Chris Plumb**

**Carmel Swimming**

***“Continuous, unflagging effort, persistence & determination will win. Let not the man be discouraged who has these.”—James W. Riley***

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

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

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

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