

October

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	1	Thursday	2	Friday	3	Saturday	4
		SR1/2/3 5:45-8:30 AM				SR1/2/3 5:45-8:30 AM				SR1/2/3 5:45-8:30 AM		HP 8:00-11:00 AM	
		HP 6:15-8:30 AM				HP 6:15-8:30 AM				HP 6:15-8:30 AM		SR1 7:00-10:00 AM	
												SR2/3 7:00-10:00 AM	
		HP 4:20-6 PM		HP 4:20-6:15		HP 4:20-6:00		HP 4:20-6:15					
		SR1 4:20-6 PM		SR1/2/3 4:20-6:15		SR1 4:20-6 PM		SR1/2/3 4:20-6:15		HP 4:20-6 PM			
Sunday	5	Monday	6	Tuesday	7	Wednesday	8	Thursday	9	Friday	10	Saturday	11
		HP 6:45-9 AM		HP 7:45-10 AM				HP 7:45-10 AM					
		SR1/2/3 12:45-3 PM		SR1/2/3 1-4 PM		SR1/2/3 12:45-3 PM		SR1/2/3 12:45-3 PM					
		HP 2:15-5 PM				HP 3:45-6 PM							
		FALL BREAK		FALL BREAK		FALL BREAK		FALL BREAK		CARMEL WORLD CUP		CARMEL WORLD CUP	
Sunday	12	Monday	13	Tuesday	14	Wednesday	15	Thursday	16	Friday	17	Saturday	18
				SR1/2/3 5:45-8:30 AM		HP 6:45-9:10 AM		SR1/2/3 5:45-8:30 AM		ALL 6:15-8:30 AM		HP 8:00-11:00 AM	
												SR1 7:00-10:00 AM	
						LATE START						SR2/3 7:00-10:00 AM	
CARMEL		HP 4:20-6:00		HP 4:20-6:15		HP 4:20-6:00		HP 4:20-6:15		HP 4:20-6 PM			
WORLD CUP		SR1/SR2/3 4:20-6:15		SR1 4:20-6:00		SR1/SR2/3 4:20-6:15		SR1 4:20-6:00					
Sunday	19	Monday	20	Tuesday	21	Wednesday	22	Thursday	23	Friday	24	Saturday	25
		SR1/2/3 5:45-8:30 AM				SR1/2/3 5:45-8:30 AM				SR1/2/3 6:15-8:30 AM		HP 8:00-11:00 AM	
		HP 6:15-8:30 AM				HP 6:15-8:30 AM				HP 6:15-8:30 AM		SR1 7:00-10:00 AM	
												SR2/3 7:00-10:00 AM	
		HP 4:20-6 PM		HP 4:20-6:15		HP 4:20-6:00		HP 4:20-6:15		HP 4:20-6 PM			
		SR1 4:20-6 PM		SR1/2/3 4:20-6:15		SR1 4:20-6 PM		SR1/2/3 4:20-6:15					

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

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

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