

May 2012

- STARS

■ COMETS

■ ASTEROIDS

■ ECLIPSE

■ ELITE
- ALL GROUPS

■ NO PRACTICE

■ MEETS

■ CATCH ALL

■ SENIOR
- Division/Zone Team

■ STRENGTH AND CONDITIONING

April 2012							May 2012							June 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7			1	2	3	4	5						1	2
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
29	30						27	28	29	30	31			24	25	26	27	28	29	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 ■ 8:00 AM Voorhees-Maxfield	30	1	2	3	4	5
6	7	8	9	10	11 Early Bird	12 Early Bird
13 Early Bird	14	15	16	17	18	19
20	21	22	23	24	25 Day 1 Summer Schedule ■ 6:00 AM - 6:45 AM DRYLAND ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP	26 ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP
27 ■ 10:00 AM SENIOR will swim (1) daily workout with the morning groups for 1.5 hours or the Elite PM workout (T/Th)	28 no practice	29 ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 7:00 AM - 9 AM ELITE / LIAC ■ 5:45 PM - 7 PM ELITE / LIAC ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 7 PM CATCH ALL	30 ■ 6:00 AM - 6:45 AM DRYLAND ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 6:45 PM STARS	31 ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 7:00 AM - 9 AM ELITE / LIAC ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 5:45 PM - 7 PM ELITE / LIAC ■ 6:00 PM - 6:45 PM STARS ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 7 PM CATCH ALL	1 Beach Bash no practice	2 no practice

June 2012

- STARS
- COMETS
- ASTEROIDS
- ECLIPSE
- ELITE
- ALL GROUPS
- NO PRACTICE
- MEETS
- CATCH ALL
- SENIOR

- Division/Zone Team
- STRENGTH AND CONDITIONING

May 2012							June 2012							July 2012								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
	1	2	3	4	5							1	2		1	2	3	4	5	6	7	
6	7	8	9	10	11	12		3	4	5	6	7	8	9		8	9	10	11	12	13	14
13	14	15	16	17	18	19		10	11	12	13	14	15	16		15	16	17	18	19	20	21
20	21	22	23	24	25	26		17	18	19	20	21	22	23		22	23	24	25	26	27	28
27	28	29	30	31				24	25	26	27	28	29	30		29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 ■ 10:00 AM SENIOR will swim (1) daily workout with the morning groups for 1.5 hours or the Elite PM workout (T/Th)	28 no practice	29 ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 7:00 AM - 9 AM ELITE / LIAC ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 5:45 PM - 7 PM ELITE / LIAC ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 7 PM CATCH ALL	30 ■ 6:00 AM - 6:45 AM DRYLAND ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 6:45 PM STARS	31 ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 7:00 AM - 9 AM ELITE / LIAC ■ 5:45 PM - 7 PM ELITE / LIAC ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 6:45 PM STARS	1 Beach Bash no practice	2 no practice
3 Beach Bash	4 ■ 6:00 AM - 6:45 AM DRYLAND ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 6:45 PM STARS	5 ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 7:00 AM - 9 AM ELITE / LIAC ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 5:45 PM - 7 PM ELITE / LIAC ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 7 PM CATCH ALL	6 ■ 6:00 AM - 6:45 AM DRYLAND ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 6:45 PM STARS	7 ■ 7:00 AM - 9 AM ELITE / LIAC ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 5:45 PM - 7 PM ELITE / LIAC ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 6:45 PM STARS ■ 6:00 PM - 7 PM COMETS	8 Swimvitational	9 Iron Man no practice swim on own
10 Swimvitational Iron Man	11 ■ 6:00 AM - 6:45 AM DRYLAND ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 6:45 PM STARS ■ 6:00 PM - 7 PM COMETS	12 ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 7:00 AM - 9 AM ELITE / LIAC ■ 5:45 PM - 7 PM ELITE / LIAC ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 7 PM COMETS	13 ■ 6:00 AM - 6:45 AM DRYLAND ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 7 PM COMETS	14 ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 7:00 AM - 9 AM ELITE / LIAC ■ 5:45 PM - 7 PM ELITE / LIAC ■ 6:00 PM - 6:45 PM STARS ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 7 PM CATCH ALL	15 ■ 6:00 AM - 6:45 AM DRYLAND ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP	16 ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP
17 ■ 6:00 AM - 6:45 AM DRYLAND ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:00 PM - 6:45 PM STARS ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 7 PM COMETS	18 ■ 6:00 AM - 6:45 AM DRYLAND ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:00 PM - 6:45 PM STARS ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 7 PM COMETS	19 ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 7:00 AM - 9 AM ELITE / LIAC ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 5:45 PM - 7 PM ELITE / LIAC ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 7 PM CATCH ALL	20 ■ 6:00 AM - 6:45 AM DRYLAND ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 6:45 PM STARS ■ 6:00 PM - 7 PM CATCH ALL	21 Lincoln Team Trip ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 7:00 AM - 9 AM ELITE / LIAC ■ 6:00 PM - 6:45 PM STARS ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 7 PM CATCH ALL	22 no practice	23 no practice
24 Lincoln Team Trip	25 Trials	26	27	28	29	30
	■ 6:00 AM - 6:45 AM DRYLAND ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:00 PM - 6:45 PM STARS ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 7 PM COMETS	■ 7:00 AM - 9 AM ELITE / LIAC ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 5:45 PM - 7 PM ELITE / LIAC ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 7 PM COMETS	■ 6:00 AM - 6:45 AM DRYLAND ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:00 PM - 6:45 PM STARS ■ 6:00 PM - 7 PM CATCH ALL	■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 7:00 AM - 9 AM ELITE / LIAC ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 5:45 PM - 7 PM ELITE / LIAC ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 6:45 PM STARS ■ 6:00 PM - 7 PM CATCH ALL	■ 6:00 AM - 6:45 AM DRYLAND ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP	■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP

July 2012

- STARS
- COMETS
- ASTEROIDS
- ECLIPSE
- ELITE
- ALL GROUPS
- NO PRACTICE
- MEETS
- CATCH ALL
- SENIOR
- Division/Zone Team
- STRENGTH AND CONDITIONING

June 2012							July 2012							August 2012								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
					1	2	1	2	3	4	5	6	7						1	2	3	4
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11		
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18		
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25		
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ■ 8:00 AM Trials ■ 6:00 PM SENIOR will swim (1) daily workout with the morning groups for 1.5 hours or the Elite PM workout (T/Th)	2 ■ 6:00 AM - 6:45 AM DRYLAND ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 8:00 AM Trials ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 6:45 PM STARS ■ 6:00 PM - 7 PM CATCH ALL	3 ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 7:00 AM - 9 AM ELITE / LIAC ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 5:45 PM - 7 PM ELITE / LIAC ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 7 PM CATCH ALL	4 no weights / no pm ■ 6:00 AM - 6:45 AM DRYLAND ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP	5 ■ 7:00 AM - 9 AM ELITE / LIAC ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 5:45 PM - 7 PM ELITE / LIAC ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 6:45 PM STARS ■ 6:00 PM - 7 PM CATCH ALL	6 KCB LC Invite ■ 8:15 AM - 9 AM DRYLAND ■ 9:00 AM - 10:30 AM ASTEROIDS / LIAC ■ 9:00 AM - 11 AM ECLIPSE / LIAC ■ 9:00 AM - 11 AM ELITE / LIAC	7 no practice
8 KCB LC Invite	9 ■ 6:00 AM - 6:45 AM DRYLAND ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 6:45 PM STARS ■ 6:00 PM - 7 PM COMETS	10 ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 7:00 AM - 9 AM ELITE / LIAC ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 5:45 PM - 7 PM ELITE / LIAC ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 7 PM COMETS	11 AAAA Intersquad ...roups Attend - 3PM ■ 6:00 AM - 6:45 AM DRYLAND ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP	12 ■ 7:00 AM - 9 AM ELITE / LIAC ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 5:45 PM - 7 PM ELITE / LIAC ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 6:45 PM STARS ■ 6:00 PM - 7 PM CATCH ALL	13 ■ 8:15 AM - 9 AM DRYLAND ■ 9:00 AM - 11 AM ECLIPSE / LIAC ■ 9:00 AM - 11 AM ELITE / LIAC ■ 9:00 AM - 10:30 AM ASTEROIDS / LIAC	14 Sunflower Games ■ 7:00 AM - 9 AM ELITE / LIAC
15 ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:00 PM - 6:45 PM STARS ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 7 PM CATCH ALL	16 Sectionals ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 7 PM COMETS	17 Clinic Baldwin In Baldwin ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 6:45 PM STARS	18 ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 6:45 PM STARS	19 D2 CATCH-ALL TBA no practice	20 CATCH-ALL TBA no practice	21 no practice
22 D2	23 ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 6:45 PM STARS	24 ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 7:00 AM - 9 AM ELITE / LIAC ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 7 PM COMETS	25 ■ 6:45 AM - 8:15 AM ASTEROIDS / ODP ■ 6:45 AM - 8:45 AM ELITE / ODP ■ 6:45 AM - 8:45 AM ECLIPSE / ODP ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 7 PM COMETS ■ 6:00 PM - 6:45 PM STARS	26 Last Regular Practice ■ 7:00 AM - 9 AM ELITE / LIAC ■ 7:00 AM - 8:30 AM ASTEROIDS / LIAC ■ 7:00 AM - 9 AM ECLIPSE / LIAC ■ 6:00 PM - 7 PM CATCH ALL ■ 6:00 PM - 6:45 PM STARS ■ 6:00 PM - 7 PM COMETS	27 D1 no practice	28 no practice
29 D1	30 ■ 6:45 AM - 9 AM Zone, Juniors, Seniors	31 ■ 6:45 AM - 9 AM Zone, Juniors, Seniors	1 ■ 6:45 AM - 9 AM Zone, Juniors, Seniors	2 ■ 6:45 AM - 9 AM Zone, Juniors, Seniors	3 ZONES ■ 6:45 AM - 9 AM Zone, Juniors, Seniors	4 ■ 6:45 AM - 9 AM Zone, Juniors, Seniors

August 2012

- STARS

■ COMETS

■ ASTEROIDS

■ ECLIPSE

■ ELITE
- ALL GROUPS

■ NO PRACTICE

■ MEETS

■ CATCH ALL

■ SENIOR
- Division/Zone Team

■ STRENGTH AND CONDITIONING

July 2012							August 2012							September 2012							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7				1	2	3	4							1	
8	9	10	11	12	13	14		5	6	7	8	9	10	11	2	3	4	5	6	7	8
15	16	17	18	19	20	21		12	13	14	15	16	17	18	9	10	11	12	13	14	15
22	23	24	25	26	27	28		19	20	21	22	23	24	25	16	17	18	19	20	21	22
29	30	31						26	27	28	29	30	31		23	24	25	26	27	28	29
															30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 D1	30 6:45 AM – 9 AM Zone, Juniors, Seniors	31 6:45 AM – 9 AM Zone, Juniors, Seniors	1 6:45 AM – 9 AM Zone, Juniors, Seniors	2 6:45 AM – 9 AM Zone, Juniors, Seniors	3 ZONES 6:45 AM – 9 AM Zone, Juniors, Seniors	4 6:45 AM – 9 AM Zone, Juniors, Seniors
5 ZONES	6 6:45 AM – 9 AM Zone, Juniors, Seniors	7 Seniors 6:45 AM – 9 AM Zone, Juniors, Seniors	8 6:45 AM – 9 AM Zone, Juniors, Seniors	9 6:45 AM – 9 AM Zone, Juniors, Seniors	10 6:45 AM – 9 AM Zone, Juniors, Seniors	11
12	13 Juniors – INDY	14	15	16	17	18
19	20	21	22	23	24	25
26	27 Day 1 Back	28	29	30	31	1