

January 2020

Indian Creek Aquatic Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
P—Performance Group D—Distance Training Group S—Seniors S/C—Strength & Conditioning TS—Tigersharks HH—Hammerheads M—Makos R—Reef Sharks			1 Happy New Year!!! No Practices	2 P/S 7:30-10:00a; 5-6:30p (opt) TS 5-6:30p HH 5-6:30p M/R 5-6:30p	3 P/S 6:00-7:45a	4 P/S 8:00-10:30a TS 8:00-10:00a
5	6 P (D) 6:00-7:30a 3:30-4:20p (S/C); 4:30-6:00p S 3:30-4:20p (S/C); 4:30-6:00p TS 6:00-7:30p HH 6:00-7:30p M/R 6:00-7:00p	7 P/S 3:45-5:15p ICHS MEET (H) 5:30p	8 P/S 2:30-3:20p (S/C); 3:30-5:30p TS 3:30-5:00p	9 P/S 6:00-7:30a; 3:45-5:45p TS 6:00-7:30p HH 6:00-7:30p M/R 6:00-7:00p	10 CHASESTRONG INVITE	11 CHASESTRONG INVITE
12 CHASESTRONG INVITE	13 P (D) 6:00-7:30a 3:30-4:20p (S/C); 4:30-6:00p S 3:30-4:20p (S/C); 4:30-6:00p TS 6:00-7:30p HH 6:00-7:30p M/R 6:00-7:00p	14 P/S 6:00-7:30p TS 6:00-7:30p HH 6:00-7:30p ICHS MEET (A) 6:00p	15 P/S 2:30-3:20p (S/C); 3:30-5:30p	16 P/S 6:00-7:30a; 3:45-5:45p TS 6:00-7:30p HH 6:00-7:30p M/R 6:00-7:00p	17 P/S 6:00-7:30a	18 P/S 8:00-10:30a TS 8:00-10:00a
19	20 P/S 3:30-4:20p (S/C); 4:30-6:00p TS 6:00-7:30p HH 6:00-7:30p M/R 6:00-7:00p	21 P/S 3:45-5:15p ICHS MEET (H) 5:30p	22 P/S 2:30-3:20p (S/C); 3:30-5:30p TS 3:30-5:00p	23 P/S 6:00-7:30a; 3:45-5:45p TS 6:00-7:30p HH 6:00-7:30p M/R 6:00-7:00p	24 P/S 6:00-7:30a	25 P/S 7:15-9:15a TS 7:15-8:45a ICHS MEET (H) 10:00a
26	27 P (D) 6:00-7:30a 3:30-4:20p (S/C); 4:30-6:00p S 3:30-4:20p (S/C); 4:30-6:00p TS 6:00-7:30p HH 6:00-7:30p M/R 6:00-7:00p	28 P/S 3:45-5:30p TS 6:00-7:30p HH 6:00-7:30p ICHS MEET (A) 5:30p	29 P/S 2:30-3:20p (S/C); 3:30-5:30p TS 6:00-7:30p HH 6:00-7:30p M/R 6:00-7:00p	30 P/S 6:00-7:30a ICHS MEET (H) 5:30p	31 CGAC INVITE	1 CGAC INVITE