

February 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						
2	3 P/S 3:30-4:20p (S/C); 4:30-6:00p	4 P/S 3:45-5:45p TS 6:00-7:30p HH 6:00-7:30p	5 P/S 2:30-3:20p (S/C); 3:30-5:30p M/R 6:00-7:00p	6 P/S 6:00-7:30a TS 3:30-5:30p HH 6:00-7:30p ICHS GIRLS SECTIONALS 5:30p	7 P/S 6:00-7:30a; 3:30-4:20p (S/C)	8 P/S 7:15-9:15a TS 7:15-8:45a ICHS GIRLS SECTIONALS 1:00p
9	10 P (D) 6:00-7:30a 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 ICMS MEET (A) 5:30p	11 P/S 3:45-5:45p TS 6:00-7:30p HH 6:00-7:30p	12 P/S 2:30-3:20p (S/C); 3:30-5:30p TS 3:30-5:30p	13 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 ICMS MEET (A) 5:30p	14 P/S 6:00-7:30a; 3:30-4:20p (S/C)	15 P/S 7:15-9:15a
16	17 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	18 P/S 3:45-5:00p ICMS MEET (H) 5:30p	19 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	20 P/S 6:00-7:30a ICHS BOYS SECTIONALS 5:30p	21 P/S 3:30-4:10p (S/C); 4:15-5:45p TS 3:30-5:30p	22 P/S 7:15-9:15a TS 7:15-8:45a ICHS BOYS SECTIONALS 1:00p
23	24 P (D) 6:00-7:30a 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	25 P/S 3:45-5:45p TS 6:00-7:30p HH 6:00-7:30p	26 P/S 2:30-3:20p (S/C); 3:30-5:30p ICMS MEET (A) 5:30p	27 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	28 P/S 6:00-7:30a; 3:30-4:20p (S/C) ICHS BOYS STATE 6:00p	29 P/S 7:15-9:15a TS 7:15-8:45a ICHS BOYS STATE 1:00p