

January 2020

Indian Creek High School Swimming

Sun	Mon	Tue	Wed	Thu	Fri	Sat
D—Distance Training Group S/C—Strength & Conditioning			1 Happy New Year!!! No Practices	2 7:30-10:00a; 5-6:30p (opt)	3 6:00-7:45a	4 8:00-10:30a
5	6 (D) 6:00-7:30a 3:30-4:20p (S/C); 4:30-6:00p	7 Report 4:00p ICHS MEET (H) 5:30p	8 2:30-3:20p (S/C); 3:30-5:30p	9 6:00-7:30a; 3:45-5:45p	10 6:00-7:30a CHASESTRONG INVITE	11 6:00-7:30a CHASESTRONG INVITE
12 CHASESTRONG INVITE	13 (D) 6:00-7:30a 3:30-4:20p (S/C); 4:30-6:00p	14 Leave 3:50p ICHS MEET (A) 6:00p	15 2:30-3:20p (S/C); 3:30-5:30p	16 6:00-7:30a; 3:45-5:45p	17 6:00-7:30a	18 8:00-10:30a
19	20 3:30-4:20p (S/C); 4:30-6:00p	21 Report 4:00p ICHS MEET (H) 5:30p	22 2:30-3:20p (S/C); 3:30-5:30p	23 3:45-5:45p	24 6:00-7:30a	25 P/S 7:15-9:15a TS 7:15-8:45a Report 9:30a ICHS MEET (H) 10:00a
26	27 (D) 6:00-7:30a 3:30-4:20p (S/C); 4:30-6:00p	28 Leave 3:40p ICHS MEET (A) 5:30p	29 2:30-3:20p (S/C); 3:30-5:30p	30 6:00-7:30a ICHS MEET (H) 5:30p	31 6:00-7:30a	