Southeastern Swim Club SENIOR Schedule

September 2014 (a GREAT month to improve!)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Happy Labor Day and Welcome Back!	2 5:30 AM -7:00 AM WTS at HSE 3:10 PM -5:10 PM SW/Team Meeting at HSE	3 5:30 AM -7:00 AM Optional SW at HSE (AER/IM) 3:10 PM -5:15 PM DRY/SW at HSE (GRAY shirt)	4 5:15 AM -6:45 AM Girls SW at FHS 5:30 AM -7:00 AM Boys SW at HSE 3:10 PM -5:15 PM DRY/SW at HSE (BLUE shirt)	5 5:30 AM -7:00 AM ALL SW at HSE (1st 2 weeks only...drills and technical)	6
7 7-930a Annual Penrod Arts Fair Clean-Up at Ind Museum of Art (gate on Michigan just north of 38th Str)...your opportunity to support your team and earn volunteer hours. All athletes are expected to help out.	8 5:30 AM -7:00 AM SW at HSE - girls only 3:10 PM -5:15 PM DRY/SW at HSE (BLUE shirt)	9 5:15 AM -6:45 AM Boys SW at FHS 5:30 AM -7:00 AM Girls SW at HSE 3:10 PM -5:15 PM DRY/SW at HSE (WHITE shirt)	10 5:30 AM -7:00 AM Optional SW at HSE (AER/IM) 3:10 PM -5:15 PM DRY/SW at HSE (GRAY shirt)	11 5:15 AM -6:45 AM Girls SW at FHS 5:30 AM -7:00 AM Boys SW at HSE 3:10 PM -5:15 PM DRY/SW at HSE (BLUE shirt)	12 5:30 AM -7:00 AM ALL SW at HSE (1st 2 weeks only...drills and technical)	13
14	15 5:30 AM -7:00 AM SW at HSE - girls only 3:10 PM -5:15 PM DRY/SW at HSE (BLUE shirt)	16 5:15 AM -6:45 AM Boys SW at FHS 5:30 AM -7:00 AM Girls SW at HSE 3:10 PM -5:15 PM DRY/SW at HSE (WHITE shirt)	17 5:30 AM -7:00 AM Optional SW at HSE (AER/IM) 3:10 PM -5:15 PM DRY/SW at HSE (GRAY shirt)	18 5:15 AM -6:45 AM Girls SW at FHS 5:30 AM -7:00 AM Boys SW at HSE 3:10 PM -5:15 PM DRY/SW at HSE (BLUE shirt)	19 5:30 AM -7:00 AM SW at HSE - boys only 4:00 PM -6:00 PM SW at Mt Vernon HS	20 8-10a SSC NAVY SEAL Challenge at HSE
21	22 5:30 AM -7:00 AM SW at HSE - girls only 3:10 PM -5:15 PM DRY/SW at HSE (BLUE shirt)	23 5:15 AM -6:45 AM Boys SW at FHS 5:30 AM -7:00 AM Girls SW at HSE 3:10 PM -5:15 PM DRY/SW at HSE (WHITE shirt)	24 5:30 AM -7:00 AM Optional SW at HSE (AER/IM) 3:10 PM -5:15 PM DRY/SW at HSE (GRAY shirt)	25 5:15 AM -6:45 AM Girls SW at FHS 5:30 AM -7:00 AM Boys SW at HSE 3:10 PM -5:15 PM DRY/SW at HSE (BLUE shirt)	26 5:30 AM -7:00 AM SW at HSE - boys only 4:00 PM -6:00 PM SW at Mt Vernon HS	27 7:00 AM -10:00 AM DRY/SW at HSE (WHITE shirt)
28	29 5:30 AM -7:00 AM SW at HSE - girls only 3:10 PM -5:15 PM DRY/SW at HSE (BLUE shirt)	30 5:15 AM -6:45 AM Boys SW at FHS 5:30 AM -7:00 AM Girls SW at HSE 3:10 PM -5:15 PM DRY/SW at HSE (WHITE shirt)				

Aug 2014

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Oct 2014

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Southeastern Swim Club SENIOR Schedule

October 2014 (a GREAT month to improve!)

Sep 2014

S	M	T	W	T	F	S
	1	2	3	4	5	6
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Nov 2014

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			1 5:30 AM -7:00 AM Optional SW at HSE (AER/IM) 3:10 PM -5:15 PM DRY/SW at HSE (GRAY shirt)	2 5:15 AM -6:45 AM Girls SW at FHS 5:30 AM -7:00 AM Boys SW at HSE 3:10 PM -5:15 PM DRY/SW at HSE (BLUE shirt)	3 5:30 AM -7:00 AM SW at HSE - boys only 4:00 PM -6:00 PM SW at Mt Vernon HS	4 7:00 AM -10:00 AM DRY/SW at HSE (WHITE shirt) SSC Barndance - SENIORS RULE!
5	6 5:30 AM -7:00 AM SW at HSE - girls only 3:10 PM -5:15 PM DRY/SW at HSE (BLUE shirt)	7 5:15 AM -6:45 AM Boys SW at FHS 5:30 AM -7:00 AM Girls SW at HSE 3:10 PM -5:15 PM DRY/SW at HSE (WHITE shirt)	8 5:30 AM -7:00 AM Optional SW at HSE (AER/IM) 6:30 AM HSE HS Swimming and Diving Call-out 3:10 PM -5:15 PM DRY/SW at HSE (GRAY shirt)	9 5:15 AM -6:45 AM Girls SW at FHS 5:30 AM -7:00 AM Boys SW at HSE 3:10 PM -5:15 PM DRY/SW at HSE (BLUE shirt)	10 5:30 AM -7:00 AM SW at HSE - boys only 4:00 PM -6:00 PM SW at Mt Vernon HS	11 SwimFest at FHS
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26	27 5:30 AM -7:00 AM SW at HSE - girls only 3:10 PM -5:15 PM DRY/SW at HSE (BLUE shirt) IHSAA Girls Official 1st Day of Practice (Boys 1st Day is November 10th).	28 5:15 AM -6:45 AM Boys SW at FHS 3:10 PM -5:15 PM DRY/SW at HSE (WHITE shirt)	29 5:30 AM -7:00 AM Optional SW at HSE (AER/IM) 3:10 PM -5:15 PM DRY/SW at HSE (GRAY shirt)	30 5:30 AM -7:00 AM Boys SW at HSE 3:10 PM -5:15 PM DRY/SW at HSE (BLUE shirt)	31 5:30 AM -7:00 AM SW at HSE - boys only 4:00 PM -6:00 PM SW at Mt Vernon HS	