

HSE High School and SSC Senior Swimming

October 2011 - a great month for Southeastern Swimming!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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			6:00 PM - 8:00 PM Senior Dinner			7:00 AM - 10:00 AM Senior Time Trials - 4IM and Mile. Boys Team Campout																																																																																				
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			3:00 PM - 4:00 PM HSE HS Swim/Dive Callout			SSC SwimFest at FHS Aquatic Center																																																																																				
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SSC SwimFest at FHS Aquatic Center		7:00 PM Parent Informational Meeting at Bakers House																																																																																								
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IHSAA Official Start Dates: GSW-10/24, BSW-11/7	6:00 AM - 7:10 AM Yoga or DIST workout - your choice. 3:10 PM - 5:30 PM Train	6:00 AM - 7:10 AM Dryland 3:10 PM - 5:30 PM Train	6:00 AM - 7:10 AM Optional DIST 3:10 PM - 5:30 PM Train	6:00 AM - 7:10 AM Dryland 3:10 PM - 5:30 PM Train	7:00 AM - 10:00 AM Train	7:00 AM - 10:00 AM Train																																																																																				
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November 2011 - a great month for Southeastern Swimming!

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6	7 6:00 AM - 7:10 AM YOGA or SWIM - your choice. 3:10 PM Swim	8 6:00 AM - 7:10 AM Dryland 3:10 PM Swim	9 6:40 AM - 7:50 AM Swim HSE Late Start Day-practice schedule altered today.	10 6:00 AM - 7:10 AM Dryland 3:10 PM Swim 6:00 PM - 7:30 PM Kickoff Meeting-dinner provided for athletes. All families MUST be represented. HSE Cafeteria. Team Pictures after school.	11 3:10 PM Swim	12 7:00 AM - 10:00 AM Dryland and Swim																																																																																																									
13	14 6:00 AM - 7:10 AM YOGA or SWIM - your choice. 3:10 PM Swim	15 6:00 AM - 7:10 AM Dryland 3:10 PM Swim Boys Uniform \$\$ DUE!	16 6:40 AM - 7:50 AM Swim HSE Late Start Day-practice schedule altered today.	17 6:00 AM - 7:10 AM Dryland 3:10 PM Swim	18 3:10 PM Swim	19 7:00 AM - 10:00 AM Dryland and Swim																																																																																																									
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HSE Schools out																																																																																																															
27	28 6:00 AM - 7:10 AM YOGA or SWIM - your choice. 3:10 PM Swim	29 6:00 AM - 7:10 AM Dryland 3:10 PM Swim	30 6:00 AM - 7:10 AM Swim	<table border="1"> <thead> <tr> <th colspan="7">Oct 2011</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> </tr> <tr> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> </tr> <tr> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> </tr> <tr> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> </tr> <tr> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> </tr> <tr> <td>30</td> <td>31</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		Oct 2011							S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						<table border="1"> <thead> <tr> <th colspan="7">Dec 2011</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1 2 3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> </tr> <tr> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> </tr> </tbody> </table>	Dec 2011							S	M	T	W	T	F	S							1 2 3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;"> <p>HSE High School Finals Week</p> </div>				<div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;"> <p>Happy Holidays!</p> </div>																																																																																						
<p>25</p>	<p>26</p> <p>8:00 AM - 10:00 AM Train - be ready for dry or swim</p> <p>3:00 PM - 5:00 PM Train - be ready for dry or swim</p>	<p>27</p> <p>7:00 AM - 10:30 AM Train - be ready for dry or swim</p> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;"> <p>5:00 PM HSE, Carmel, WLaf, Laf Jeff Quad-Dual at HSE HS</p> </div>	<p>28</p> <p>8:00 AM - 10:00 AM Train - be ready for dry or swim</p> <p>3:00 PM - 5:00 PM Train - be ready for dry or swim</p>	<p>29</p> <p>8:00 AM - 10:00 AM Train - be ready for dry or swim</p> <p>3:00 PM - 5:00 PM Train - be ready for dry or swim</p>	<p>30</p> <p>7:00 AM - 10:30 AM Train - be ready for dry or swim</p>	<p>31</p> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;"> <p>Due to New Years on Sunday - this will be our traditional New Years Day BALLOON Practice and DADS BREAKFAST!</p> </div>																																																																																				

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8	9 6:00 AM -7:10 AM YOGA or SWIM - your choice. 3:10 PM Swim	10 6:00 AM -7:10 AM Dryland 3:10 PM Swim 6:00 PM HSE at Avon HS	11 6:40 AM -7:50 AM Swim HSE Late Start Day-practice schedule altered today.	12 6:00 AM -7:10 AM Dryland 3:10 PM Swim 6:00 PM HSE at North Central HS	13 3:10 PM Swim	14 7:00 AM -10:00 AM Dryland and Swim																																																																																																			
15	16 7:00 AM -10:30 AM Train - be ready for dry or swim HAPPY MLK Day! No School.	17 6:00 AM -7:10 AM Dryland 3:10 PM Swim 6:00 PM HSE vs Zionsville HS (HOME - SENIOR NIGHT!!)	18 6:40 AM -7:50 AM Swim HSE Late Start Day-practice schedule altered today.	19 6:00 AM -7:10 AM Dryland 3:10 PM Swim	20 3:10 PM Swim FWA Invite (prelim/final) at Fort Wayne Southside HS	21 7:00 AM -10:00 AM Swim - those not traveling FWA Invite (prelim/final) at Fort Wayne Southside HS																																																																																																			
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HSE High School and SSC Senior Swimming

February 2012 - a great month for Southeastern Swimming!

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<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p style="text-align: center; margin: 0;">Jan 2012</p> <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table> </div> <div style="border: 1px solid black; padding: 5px; width: 45%;"> <p style="text-align: center; margin: 0;">Mar 2012</p> <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table> </div> </div>		S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<p style="text-align: center; font-size: 2em; color: red;">1</p> <p>6:00 AM - 7:10 AM Swim</p>	<p style="text-align: center; font-size: 2em; color: red;">2</p> <p>6:00 AM - 7:10 AM Dryland</p> <p>3:10 PM Swim</p> <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> <p>IHSAA Girls Sectional Prelims at Fishers HS (swimming)</p> </div>	<p style="text-align: center; font-size: 2em; color: red;">3</p> <p>3:10 PM Swim</p>	<p style="text-align: center; font-size: 2em; color: red;">4</p> <p>7:00 AM - 10:00 AM Dryland and Swim</p> <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> <p>IHSAA Girls Sectional Finals at Fishers HS (diving and swimming)</p> </div>
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HSE High School and SSC Senior Swimming

March 2012 - a great month for Southeastern Swimming!

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<p>25</p>	<p>26</p> <p>3:10 PM Swim</p>	<p>27</p> <p>3:10 PM Swim</p>	<p>28</p> <p>6:00 AM - 7:10 AM Swim</p>	<p>29</p> <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> <p>INDY Grand Prix at IU Natatorium</p> </div>	<p>30</p> <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> <p>HSE Spring Break begins - no school today.</p> </div> <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> <p>INDY Grand Prix at IU Natatorium</p> </div>	<p>31</p> <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> <p>INDY Grand Prix at IU Natatorium</p> </div>																																																																																				