

Southeastern Swim Club SENIOR Schedule

April 2014 (a GREAT month to improve!)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
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6	7 3:20 PM -5:00 PM Welcome back - Team Meeting at HSE.	8 5:15 AM -6:45 AM LCM SW at FHS 3:20 PM -5:00 PM SW/DRY at HSE	9 5:15 AM -6:45 AM LCM SW at FHS 5:15 AM -6:45 AM SCY SW at HSE 3:20 PM -5:00 PM SW/DRY at HSE	10 5:15 AM -6:45 AM LCM SW at FHS 3:20 PM -5:00 PM SW/DRY at HSE	11 3:20 PM -5:00 PM SW/DRY at HSE	12																																																																																																		
13	14 5:30 AM -7:00 AM SCY SW at HSE - girls only 3:20 PM -5:00 PM SW/DRY at HSE	15 5:15 AM -6:45 AM LCM SW at FHS 3:20 PM -5:00 PM SW/DRY at HSE	16 5:15 AM -6:45 AM LCM SW at FHS 5:15 AM -6:45 AM SCY SW at HSE 3:20 PM -5:00 PM SW/DRY at HSE	17 5:15 AM -6:45 AM LCM SW at FHS 3:20 PM -5:00 PM SW/DRY at HSE	18 5:30 AM -7:00 AM SCY SW at HSE - boys only 3:20 PM -5:00 PM SW/DRY at HSE	19																																																																																																		
20	21 5:30 AM -7:00 AM SCY SW at HSE - boys only 3:20 PM -5:00 PM SW/DRY at HSE	22 5:15 AM -6:45 AM LCM SW at FHS 3:20 PM -5:00 PM SW/DRY at HSE	23 5:15 AM -6:45 AM LCM SW at FHS 5:15 AM -6:45 AM SCY SW at HSE 3:20 PM -5:00 PM SW/DRY at HSE	24 5:15 AM -6:45 AM LCM SW at FHS 3:20 PM -5:00 PM SW/DRY at HSE	25 5:30 AM -7:00 AM SCY SW at HSE - girls only 3:20 PM -5:00 PM SW/DRY at HSE	26 7:00 AM -10:00 AM SW/DRY at HSE																																																																																																		
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Southeastern Swim Club SENIOR Schedule

May 2014 (a GREAT month to improve!)

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June 2014 (a GREAT month to improve!)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
1 SSC Summer Sizzler	2 6:00 AM -8:00 AM LCM SW at FHS 4:00 PM -6:00 PM SW/DRY at HSE	3 6:00 AM -8:00 AM LCM SW at FHS 4:00 PM -6:00 PM SW/DRY at HSE	4 6:00 AM -8:00 AM LCM SW at FHS 4:00 PM -6:00 PM SW/DRY at HSE	5 6:00 AM -8:00 AM LCM SW at FHS 4:00 PM -6:00 PM SW/DRY at HSE	6 6:00 AM -8:00 AM LCM SW at FHS	7 7:00 AM -10:00 AM SW/DRY at HSE																																																																																				
8 8:30 AM -10:30 AM LCM Forest Park - space is VERY limited, so you must have 95% season attendance to be eligible for this workout.	9 6:00 AM -8:00 AM LCM SW at FHS 4:00 PM -6:00 PM SW/DRY at HSE	10 6:00 AM -8:00 AM LCM SW at FHS 4:00 PM -6:00 PM SW/DRY at HSE	11 6:00 AM -8:00 AM LCM SW at FHS 4:00 PM -6:00 PM SW/DRY at HSE	12 6:00 AM -8:00 AM LCM SW at FHS 4:00 PM -6:00 PM SW/DRY at HSE Lakeside OVC Championships	13 6:00 AM -8:00 AM LCM SW at FHS Lakeside OVC Championships	14 7:00 AM -10:00 AM SW/DRY at HSE Lakeside OVC Championships																																																																																				
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SSC Annual Senior Trip - heading NORTH this year!																																																																																										
22 8:30 AM -10:30 AM LCM Forest Park - space is VERY limited, so you must have 95% season attendance to be eligible for this workout.	23 6:00 AM -8:00 AM LCM SW at FHS 4:00 PM -6:00 PM SW/DRY at HSE	24 6:00 AM -8:00 AM LCM SW at FHS 4:00 PM -6:00 PM SW/DRY at HSE	25 6:00 AM -8:00 AM LCM SW at FHS 4:00 PM -6:00 PM SW/DRY at HSE	26 6:00 AM -8:00 AM LCM SW at FHS 4:00 PM -6:00 PM SW/DRY at HSE	27 6:00 AM -8:00 AM LCM SW at FHS	28 Zionsville Closed Invite at North Central HS																																																																																				
29 10:00 AM -12:00 PM LCM at Forest Park Zionsville Closed Invite at North Central HS	30 6:30 AM -9:00 AM Optional practices at North Central HS. IHSAA Moratorium -	May 2014 <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></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> Jul 2014 <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></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>					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
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July 2014 (a GREAT month to improve!)

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IHSAA Moratorium - NO CONTACT between high school coaches and athletes (6/30-7/6)																																																							
6 8:30 AM -10:30 AM LCM Forest Park - space is VERY limited, so you must have 95% season attendance to be eligible for this workout. IHSAA Moratorium	7 6:00 AM -8:00 AM LCM SW at FHS 4:00 PM -6:00 PM SW/DRY at HSE	8 6:00 AM -8:00 AM LCM SW at FHS 4:00 PM -6:00 PM SW/DRY at HSE	9 6:00 AM -8:00 AM LCM SW at FHS 4:00 PM -6:00 PM SW/DRY at HSE Open Water State Championships	10 6:00 AM -8:00 AM LCM SW at FHS 4:00 PM -6:00 PM SW/DRY at HSE	11 6:00 AM -8:00 AM LCM SW at FHS NOB Enchanted Forest Invite	12 7:00 AM -10:00 AM SW/DRY at HSE Final Splash and Time Trial at Fishers HS NOB Enchanted Forest Invite																																																	
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August 2014 (a GREAT month to improve!)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
Jul 2014 <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table> Sep 2014 <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </table>					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					1 6:00 AM -8:00 AM LCM SW at FHS 14U Zones, Geneva, OH USA Jr Nationals, Irvine, CA	2 14U Zones, Geneva, OH Summer DIVS, Crawfordsville USA Jr Nationals, Irvine, CA
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10 USA Swimming Nationals, Irvine, CA	11 3:20 PM -5:00 PM SW/DRY at HSE	12 3:20 PM -5:00 PM SW/DRY at HSE	13 3:20 PM -5:00 PM SW/DRY at HSE	14 3:20 PM -5:00 PM SW/DRY at HSE	15 3:20 PM -5:00 PM SW/DRY at HSE	16																																																																																				
17 6:00 PM -8:00 PM SSC End-of-the-Season Party at Forest Park Pool	18	19	20	21	22	23																																																																																				
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