



Lane Tech Girls Swim Team

2023 Practice Calendar

Week 2: August 14 - 19

	Mon	Tues	Wed	Thurs	Fri	Sat
Varsity AM	Dryland 7 - 8 ³⁰ Swim 8 ³⁰ - 11	Meeting 7 - 8 Dryland 8 - 9 ³⁰ Swim 9 ³⁰ - 11	Dryland 7 - 8 ³⁰ Swim 8 ³⁰ - 11	Dryland 7 - 8 ³⁰ Swim 8 ³⁰ - 11	Swim 7 - 9	Dryland + Swim 8 - 11
Varsity PM					Gold vs. Green WU at 2 ⁴⁵	
JV1 AM	Swim 7 - 8 ³⁰ Dryland 8 ³⁰ - 10	Meeting 7 - 8 Swim 8 - 9 ³⁰	Dryland 7 - 8 ³⁰ Swim 8 ³⁰ - 11	Swim 7 - 8 ³⁰ Dryland 8 ³⁰ - 10		Dryland + Swim 8 - 11
JV1 PM					Gold vs. Green WU at 2 ⁴⁵	
JV2 AM	Swim 7 - 8 ³⁰	Meeting 7 - 8 Swim 8 - 9 ³⁰	Swim 7 - 8 ³⁰ Dryland 8 ³⁰ - 10	Swim 7 - 8 ³⁰ Dryland 8 ³⁰ - 10		Dryland + Swim 8 - 11
JV2 PM					Gold vs. Green WU at 2 ⁴⁵	

Notes

- Goal Sheets passed out on Wednesday, due next week (/goalsheet)
- Handbook Acknowledgement passed out on Tuesday, due next week (/handbook)
- Order practice equipment (/equipment) and team suit (/suits) **ASAP**
- Parent meeting immediately after Gold vs. Green meet in the stands