



Lane Tech Girls Swim Team

2023 Practice Calendar

Week 3: August 21 - 26

	Mon	Tues	Wed	Thurs	Fri	Sat
Varsity AM	Swim 6 - 7 ³⁰		Dryland 6 ³⁰ - 7 ³⁰	Swim 6 - 7 ³⁰	Dryland 6 ³⁰ - 7 ³⁰	Dryland 8 - 9 ³⁰ Swim 9 ³⁰ - Noon
Varsity PM	Dryland 3 ³⁰ - 4 ³⁰ Swim 4 ³⁰ - 6 ³⁰	DGS vs Lane Bus at 2 ³⁵	Swim 4 ¹⁵ - 6 ³⁰	Swim 4 ¹⁵ - 6 ³⁰	Swim 4 - 6	
JV1 AM		Swim 6 - 7 ³⁰	Swim 6 - 7 ³⁰	Dryland 6 ³⁰ - 7 ³⁰		Highland Park JV Invite Bus at 7 ³⁰
JV1 PM	Swim 4 - 6	DGS vs Lane Bus at 2 ³⁵			Swim 3 ³⁰ - 5 ³⁰	
JV2 AM	Swim 6 - 7 ³⁰	Swim 6 - 7 ³⁰			Swim 6 - 7 ³⁰	Highland Park JV Invite Bus at 7 ³⁰
JV2 PM		DGS vs Lane Bus at 2 ³⁵	Swim 3 ³⁰ - 5	Swim 3 ³⁰ - 5		

Notes

- Goal sheets due on Saturday
 - ◆ You will NOT participate in any meets following this week until your goal sheets are turned in
- HP JV Invite Entries released on Wednesday, 8/23
- DGS Meet Entries released on Saturday, 8/19
- Swimmers in JV1 and JV2 who are NOT selected to swim at the Highland Park meet will be practicing with the Varsity team