



Lane Tech Girls Swim Team

2023 Practice Calendar

Week 4: Aug 28 - Sep 2

	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 Swim 9 - 11
Varsity PM	Dryland 3 ³⁰ - 4 ³⁰ Swim 4 ³⁰ - 6 ³⁰	Swim 4 ¹⁵ - 6 ³⁰	Swim 4 ¹⁵ - 6 ³⁰	Lane vs Lincoln Park WU at 3 ³⁰	Swim 4 - 6	
JV1 AM		Swim 6 - 7 ³⁰	Swim 6 - 7 ³⁰	Dryland 6 ³⁰ - 7 ³⁰	Swim 6 - 7 ³⁰	Dryland 10 - 11 Swim 11 - 12
JV1 PM	Swim 4 - 6	Swim 3 ³⁰ - 5 ³⁰		Lane vs Lincoln Park WU at 3 ³⁰	Swim 3 ³⁰ - 5 ³⁰	
JV2 AM	Swim 6 - 7 ³⁰	Swim 6 - 7 ³⁰			Swim 6 - 7 ³⁰	Dryland 9 - 10 Swim 10 - 11
JV2 PM			Swim 3 ³⁰ - 5	Lane vs Lincoln Park WU at 3 ³⁰		

Notes

- If your Goal Sheets are NOT posted, then you will NOT be able to swim in the LP meet (or any others).
- Equipment and mesh bags are due this week. Please make sure you have your own equipment ASAP.
- 7 volunteers needed to time Thursday's dual meet vs. Lincoln Park