



Lane Tech Girls Swim Team

2023 Practice Calendar

Week 5: September 4 - 9

	Mon	Tues	Wed	Thurs	Fri	Sat
Varsity AM	<i>Beach Workout</i> 9 - Noon	<i>Swim</i> 6 - 7 ³⁰	<i>Dryland</i> 6 ³⁰ - 7 ³⁰		<i>Dryland</i> 6 ³⁰ - 7 ³⁰	<i>Dryland</i> 9 - 10 <i>Swim</i> 10 - 11 ⁴⁵
Varsity PM		<i>Nutrition Talk</i> 3 ³⁰ - 5	<i>Swim</i> 4 ¹⁵ - 6 ³⁰	<i>Swim</i> 4 ¹⁵ - 6 ³⁰	<i>Swim</i> 4 - 6	
JV1 AM	<i>Beach Workout</i> 9 - Noon	<i>Swim</i> 6 - 7 ³⁰	<i>Swim</i> 6 - 7 ³⁰	<i>Dryland</i> 6 ³⁰ - 7 ³⁰		<i>Swim</i> 9 - 10 <i>Dryland</i> 10 - 11 ¹⁵
JV1 PM		<i>Nutrition Talk</i> 3 ³⁰ - 5			<i>Swim</i> 3 ³⁰ - 5 ³⁰	
JV2 AM	<i>Beach Workout</i> 9 - Noon	<i>Swim</i> 6 - 7 ³⁰			<i>Swim</i> 6 - 7 ³⁰	<i>Swim</i> 9 - 10 <i>Dryland</i> 10 - 11 ¹⁵
JV2 PM		<i>Nutrition Talk</i> 3 ³⁰ - 5	<i>Swim</i> 3 ³⁰ - 5	<i>Swim</i> 3 ³⁰ - 5		

Notes

- Labor Day Workout
 - ◆ Montrose Beach Dryland + Swim
 - ◆ Team Picnic immediately after - families welcome
 - ◆ More details to come
- Tuesday Morning WHOLE TEAM SWIM
 - ◆ Everyone is expected to be on deck at 5:55am
- Nutritionist will be speaking to the team after school on Tuesday
- Pictures on Saturday! 9th at 8am, 10th at 8:20am, 11th at 8:40am, 12th at 9am