



Lane Tech Girls Swim Team

2023 Practice Calendar

Week 9: October 2 - 7

	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 - 11 ³⁰
Varsity PM	Team Meeting 3 ³⁰ - 4 ¹⁵ Swim 4 ¹⁵ - 6 ³⁰	Swim 4 ¹⁵ - 6 ³⁰	Swim 4 ¹⁵ - 6 ³⁰	Lane vs Whitney WU at 3 ⁴⁵	Swim 4 - 6	
JV1 AM		Swim 6 - 7 ³⁰	Swim 6 - 7 ³⁰	Dryland 6 ³⁰ - 7 ³⁰		Swim 8 - 9 ³⁰ Dryland 9 ³⁰ - 10 ³⁰
JV1 PM	Team Meeting 3 ³⁰ - 4 ¹⁵ Swim 4 ¹⁵ - 6	Swim 3 ³⁰ - 5 ³⁰		Lane vs Whitney WU at 3 ⁴⁵	Swim 3 ³⁰ - 5 ³⁰	
JV2 AM	Swim 6 - 7 ³⁰	Swim 6 - 7 ³⁰			Swim 6 - 7 ³⁰	Swim 8 - 9 ³⁰ Dryland 9 ³⁰ - 10 ³⁰
JV2 PM	Team Meeting 3 ³⁰ - 4 ¹⁵		Swim 3 ³⁰ - 5	Lane vs Whitney WU at 3 ⁴⁵		

Notes

- There are a number of changes to the schedule this week, please take note.
- This is the last week we will be training in our training groups. Starting next week, we will break up into groups based on your final meet of the season: CPL Gold Conference, CPL Championships, or IHSA Sectionals/State.
- Team Meeting in Room 210 on Monday immediately after school.