



Lane Tech Girls Swim Team

2023 Practice Calendar

Week 10: October 9 - 14

	Mon	Tues	Wed	Thurs	Fri	Sat
Sectional Team AM			<i>Dryland</i> 6 ³⁰ - 7 ³⁰	<i>Swim</i> 6 - 7 ³⁰	<i>Dryland</i> 6 ³⁰ - 7 ³⁰	HP NISCA Invite WU @ Lane at 9 ³⁰
Sectional Team PM		<i>Swim</i> 4 ¹⁵ - 6 ³⁰	<i>Nutrition Talk</i> 3 ³⁰ - 4 ³⁰ <i>Swim</i> 4 ⁴⁵ - 6 ³⁰	Lane vs W'house WU at 3 ⁴⁵	<i>Swim</i> 3 ⁴⁵ - 5 ⁴⁵	
City Team AM			<i>Swim</i> 6 - 7 ³⁰	<i>Swim</i> 6 - 7 ³⁰	<i>Dryland</i> 6 ³⁰ - 7 ³⁰	HP NISCA Invite WU @ Lane at 9 ³⁰
City Team PM		<i>Swim</i> 4 ¹⁵ - 6 ³⁰	<i>Nutrition Talk</i> 3 ³⁰ - 4 ³⁰	Lane vs W'house WU at 3 ⁴⁵	<i>Swim</i> 3 ⁴⁵ - 5 ⁴⁵	
Conference Team AM		<i>Swim</i> 6 - 7 ³⁰	<i>Swim</i> 6 - 7 ³⁰		<i>Swim</i> 6 - 7 ³⁰	<i>Swim</i> 8 - 9 ³⁰
Conference Team PM		<i>Nutrition Talk</i> 4 - 5	<i>Swim</i> 3 ³⁰ - 5 ³⁰	Lane vs W'house WU at 3 ⁴⁵		

Notes

- Lane Tech will not be opening on October 9th, which means we will not be having practice. If you have access to a pool, it would be **great** if you could get in 1500 yards of smooth, easy swimming.
- If not in the Highland Park line up, you'll practice at Lane at 8. All those going to Highland Park will have practice at Lane at 9:30 before leaving.