



LIGHTNING

JULY

			1	2	3	4
			SHORTCOURSE PRACTICE <u>morning only</u> AFTERNOON Meet: Arl. Heights at Lincolnwood	NO MORNING PRACTICE EVENING ONLY 5:00 - 6:30 PM	NO PRACTICE 4th of July	NO PRACTICE
5	6	7	8	9	10	11
NO PRACTICE	PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	SHORTCOURSE PRACTICE <u>morning only</u> AFTERNOON Meet: Mt Prospect at Lincolnwood	NO MORNING PRACTICE EVENING ONLY 5:00 - 6:30 PM	PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	Intersquad Meet 7 to 10 AM
12	13	14	15	16	17	18
NO PRACTICE	PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	SHORTCOURSE PRACTICE <u>morning only</u> AFTERNOON Meet: Lincolnwood at Buffalo Grove	NO MORNING PRACTICE EVENING ONLY 5:00 - 6:30 PM	PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	Intersquad Meet 7 to 10 AM
19	20	21	22	23	24	25
NO PRACTICE	PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	PRACTICE SHORTCOURSE <u>AM-group time</u> PM-all groups 5:00-6:30PM	AFTERNOON Meet: W/U 1pm 3pm start "A" Division Championship Lincolnwood at Lincolnwood	THURSDAY JULY 23rd Water Park	NO PRACTICE	NO PRACTICE
26	27	28	29	30	31	
JULY 26nd BBQ at Lincolnwood Pool 7:00pm						