



LIGHTNING

JULY

					1	2
					PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	NO PRACTICE
3	4	5	6	7	8	9
NO PRACTICE	HOLIDAY NO PRACTICE 4TH OF JULY	PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	SHORTCOURSE PRACTICE morning only AFTERNOON Meet: Lincolnwood at Round Lake	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
10	11	12	13	14	15	16
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 morning only 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	NO PRACTICE
17	18	19	20	21	22	23
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	PRACTICE morning only AFTERNOON Meet: Buffalo Grove 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
24	25	26	27	28	29	30
<u>Next Sunday</u> JULY 31st BBQ at Lincolnwood Pool 7:00pm	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	NO PRACTICE	NO PRACTICE Water Park JULY 29th	NO PRACTICE