



LIGHTNING

JULY

		1	2	3	4	5
		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 <u>PRACTICE</u> EVENING ONLY 5:00 - 6:30 PM	NO PRACTICE 4th of July	NO PRACTICE
6	7	8	9	10	11	12
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: Norridge at Lincolnwood	NO MORNING PRACTICE <u>PRACTICE</u> 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
13	14	15	16	17	18	19
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 Arl. Heights	NO MORNING PRACTICE <u>PRACTICE</u> 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
20	21	22	23	24	25	26
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 Buffalo Grove	NO PRACTICE	FRIDAY JULY 25th Water Park	NO PRACTICE
27	28	29	30	31		
JULY 20nd BBQ at Lincolnwood Pool 7:00pm						