



LIGHTNING

JUNE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------|--|--|---|---|--|---|
| 1 NO PRACTICE | 2 OUTDOOR PRACTICE evening only 5:00-6:30PM | 3 PRACTICE evening only 5:00-6:30PM | 4 NO PRACTICE Coaches Mtg 6:30 pm Rolling Meadows | 5 PRACTICE evening only 5:00-6:30PM | 6 PRACTICE evening only 5:00-6:30PM | 7 NO PRACTICE |
| 8 NO PRACTICE | 9 PRACTICE 1st AM-group time PM-all groups 5:00-6:30PM | 10 PRACTICE AM-group time PM-all groups 5:00-6:30PM | 11 PRACTICE AM-group time Practice MEET 4:30 Warm Up 5:30 Start | 12 NO MORNING PRACTICE EVENING ONLY 5:00 - 6:30 PM Parents meeting Pool Area 6:15pm | 13 PRACTICE AM-group time PM-all groups 5:00-6:30PM | 14 NO PRACTICE |
| 15 NO PRACTICE | 16 PRACTICE AM-group time PM-all groups 5:00-6:30PM | 17 PRACTICE AM-group time PM-all groups 5:00-6:30PM | 18 SHORTCOURSE PRACTICE morning only AFTERNOON Meet: River Trails at Lincolnwood | 19 NO MORNING PRACTICE EVENING ONLY 5:00 - 6:30 PM | 20 PRACTICE AM-group time PM-all groups 5:00-6:30PM | 21 NO PRACTICE |
| 22 NO PRACTICE | 23 PRACTICE AM-group time EVENING PICTURE DAY 5-6:30 | 24 PRACTICE AM-group time PM-all groups 5:00-6:30PM | 25 SHORTCOURSE PRACTICE morning only AFTERNOON Meet: TBA | 26 NO MORNING PRACTICE EVENING ONLY 5:00 - 6:30 pm Practice Or PICTURE " RAIN "DAY | 27 PRACTICE AM-group time PM-all groups 5:00-6:30PM | 28 Intersquad Meet 7 to 10 AM |
| 29 NO PRACTICE | 30 PRACTICE AM-group time PM-all groups 5:00-6:30PM | 31 PRACTICE AM-group time PM-all groups 5:00-6:30PM | | | | |