



# LIGHTNING

# JULY

					1	2
					<b>PRACTICE</b> <u>AM-group time</u> <b>PM-all groups</b> 5:00-6:30PM	<b>NO PRACTICE</b>
3	4	5	6	7	8	9
<b>NO PRACTICE</b>	<b>HOLIDAY</b> <b>NO PRACTICE</b> <b>4<sup>TH</sup> OF JULY</b>	<b>PRACTICE</b> <u>AM-group time</u> <b>PM-all groups</b> 5:00-6:30PM	<b>SHORTCOURSE PRACTICE</b> <u>morning only</u> AFTERNOON Meet: Lincolnwood at Round Lake	<b>NO MORNING PRACTICE</b> <b>EVENING ONLY</b> 5:00 - 6:30 PM	<b>PRACTICE</b> <u>AM-group time</u> <b>PM-all groups</b> 5:00-6:30PM	Intersquad Meet 7 to 10 AM 7:30 Warm Up 8am start
10	11	12	13	14	15	16
<b>NO PRACTICE</b>	<b>PRACTICE</b> <u>AM-group time</u> <b>PM-all groups</b> 5:00-6:30PM	<b>PRACTICE</b> <u>AM-group time</u> <b>PM-all groups</b> 5:00-6:30PM	<b>SHORTCOURSE PRACTICE</b> <u>morning only</u> AFTERNOON Meet: TBA	<b>NO MORNING PRACTICE</b> <b>EVENING ONLY</b> 5:00 - 6:30 PM	<b>PRACTICE</b> <u>AM-group time</u> <b>PM-all groups</b> 5:00-6:30PM	<b>NO PRACTICE</b>
17	18	19	20	21	22	23
<b>NO PRACTICE</b>	<b>PRACTICE</b> <u>AM-group time</u> <b>PM-all groups</b> 5:00-6:30PM	<b>PRACTICE</b> <u>AM-group time</u> <b>PM-all groups</b> 5:00-6:30PM	<b>PRACTICE</b> <u>morning only</u> AFTERNOON Meet: Buffalo Grove at Lincolnwood	<b>NO MORNING PRACTICE</b> <b>EVENING ONLY</b> 5:00 - 6:30 PM	<b>PRACTICE</b> <u>AM-group time</u> <b>PM-all groups</b> 5:00-6:30PM	Intersquad Meet 7 to 10 AM 7:30 Warm Up 8am start
24	25	26	27	28	29	30
<u>Next Sunday</u> JULY 31st <b>BBQ</b> at Lincolnwood Pool 7:00pm	<b>PRACTICE</b> <u>AM-group time</u> <b>PM-all groups</b> 5:00-6:30PM	<b>PRACTICE</b> <b>SHORTCOURSE</b> <u>AM-group time</u> <b>PM-all groups</b> 5:00-6:30PM	AFTERNOON Meet: W/U 1pm 3pm start <b>"A" Division</b> <b>Championship</b> Lincolnwood at Round Lake	<b>NO PRACTICE</b>	<b>NO PRACTICE</b> <b>Water Park</b> JULY 29th??	<b>NO PRACTICE</b>