

LIGHTNING



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# JULY

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