



LIGHTNING

JULY

						1
					PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	NO PRACTICE
2	3	4	5	6	7	8
NO PRACTICE	PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	HOLIDAY NO PRACTICE 4th of July	SHORTCOURSE PRACTICE <u>morning only</u> AFTERNOON Meet: Round Lake 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 7:30 Warm Up 8am start
9	10	11	12	13	14	15
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: McHenry 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 7:30 Warm Up 8am start
16	17	18	19	20	21	22
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 <u>morning only</u> AFTERNOON Meet: Arlington Hgts 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
23	24	25	26	27	28	29
<u>Next Sunday</u> JULY 30th 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 Mt. Prospect	NO PRACTICE	NO PRACTICE Water Park JULY 28th??	NO PRACTICE