



LIGHTNING

JULY

				1	2	3
				NO MORNING <u>PRACTICE</u> EVENING ONLY 5:00 - 6:30 pm Practice Or "PICTURE" RAIN "DAY"	<u>PRACTICE</u> AM-group time PM-all groups 5:00-6:30PM	NO PRACTICE
4	5	6	7	8	9	10
NO PRACTICE	<u>PRACTICE</u> AM-group time PM-all groups 5:00-6:30PM	<u>PRACTICE</u> AM-group time PM-all groups 5:00-6:30PM	SHORTCOURSE PRACTICE morning only AFTERNOON Meet: Lincolnwood at Elgin	NO MORNING <u>PRACTICE</u> EVENING ONLY 5:00 - 6:30 PM	<u>PRACTICE</u> AM-group time PM-all groups 5:00-6:30PM	Intersquad Meet 7 to 10 AM
11	12	13	14	15	16	17
NO PRACTICE	<u>PRACTICE</u> AM-group time PM-all groups 5:00-6:30PM	<u>PRACTICE</u> AM-group time PM-all groups 5:00-6:30PM	SHORTCOURSE PRACTICE morning only AFTERNOON Meet: Mt. Prospect at Lincolnwood	NO MORNING <u>PRACTICE</u> EVENING ONLY 5:00 - 6:30 PM	<u>PRACTICE</u> AM-group time PM-all groups 5:00-6:30PM	NO PRACTICE
18	19	20	21	22	23	24
NO PRACTICE	<u>PRACTICE</u> AM-group time PM-all groups 5:00-6:30PM	<u>PRACTICE</u> AM-group time PM-all groups 5:00-6:30PM	PRACTICE morning only AFTERNOON Meet: Buffalo Grove at Lincolnwood	NO MORNING <u>PRACTICE</u> EVENING ONLY 5:00 - 6:30 PM	<u>PRACTICE</u> AM-group time PM-all groups 5:00-6:30PM	Intersquad Meet 7 to 10 AM
25	26	27	28	29	30	31
<u>Next Sunday</u> August 1st BBQ at Lincolnwood Pool 7:00pm	<u>PRACTICE</u> AM-group time PM-all groups 5:00-6:30PM	<u>PRACTICE</u> SHORTCOURSE AM-group time PM-all groups 5:00-6:30PM	AFTERNOON Meet: W/U 1pm 3pm start "A" Division Championship Lincolnwood at T B A	NO PRACTICE	NO PRACTICE Water Park JULY 30th	NO PRACTICE