



# LIGHTNING

# JULY

						1
					<b>PRACTICE</b> <u>AM-group time</u> PM-all groups 5:00-6:30PM	<b>NO PRACTICE</b>
2	3	4	5	6	7	8
<b>NO PRACTICE</b>	<b>PRACTICE</b> <u>AM-group time</u> PM-all groups 5:00-6:30PM	<b>HOLIDAY NO PRACTICE</b> 4th of July	<b>SHORTCOURSE PRACTICE</b> <u>morning only</u> AFTERNOON Meet: Round Lake at Lincolnwood	<b>NO MORNING PRACTICE</b> EVENING ONLY 5:00 - 6:30 PM	<b>PRACTICE</b> <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
<b>NO PRACTICE</b>	<b>PRACTICE</b> <u>AM-group time</u> PM-all groups 5:00-6:30PM	<b>PRACTICE</b> <u>AM-group time</u> PM-all groups 5:00-6:30PM	<b>SHORTCOURSE PRACTICE</b> <u>morning only</u> AFTERNOON Meet: McHenry at Lincolnwood	<b>NO MORNING PRACTICE</b> EVENING ONLY 5:00 - 6:30 PM	<b>PRACTICE</b> <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
<b>NO PRACTICE</b>	<b>PRACTICE</b> <u>AM-group time</u> PM-all groups 5:00-6:30PM	<b>PRACTICE</b> <u>AM-group time</u> PM-all groups 5:00-6:30PM	<b>Shortcourse</b> <u>morning only</u> AFTERNOON Meet: Arlington Hgts at Lincolnwood	<b>NO MORNING PRACTICE</b> EVENING ONLY 5:00 - 6:30 PM	<b>PRACTICE</b> <u>AM-group time</u> PM-all groups 5:00-6:30PM	<b>NO PRACTICE</b>
23	24	25	26	27	28	29
<b>Next Sunday</b> JULY 30th <b>BBQ</b> at Lincolnwood Pool 7:00pm	<b>PRACTICE</b> <u>AM-group time</u> PM-all groups 5:00-6:30PM	<b>PRACTICE</b> SHORTCOURSE <u>AM-group time</u> PM-all groups 5:00-6:30PM	AFTERNOON Meet: W/U 1pm 3pm start <b>"A" Division</b> Championship Lincolnwood at Mt. Prospect	<b>NO PRACTICE</b>	<b>NO PRACTICE</b> Water Park JULY 28th??	<b>NO PRACTICE</b>