

November

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Reminder: Friday, Saturday & Sunday practices are held at the Okotoks Recreation Centre						
						1 C4/5 10:15-12:00 C3 10:15-11:15 C1/2 11:00-12:00
2 C1 10:00-11:00 C2/3 10:00-11:30 (+Option for C4)	3 C4/5 Seton 6:00-7:30 AM	4 BSRC Dryland C3-5 4:00-5:30 C1-2 4:30-5:30	5	6 C4/5 Dryland (BSRC Studio B) 4:00-5:00 PM	7 C4/5 2:00-3:30 C3 2:00-3:00 C1/2 3:00-4:00	8 C4/5 10:15-12:00 C3 10:15-11:15 C1/2 11:00-12:00
9 C1 10:00-11:00 C2/3 10:00-11:30 (+Option for C4)	10 C4/5 Seton 6:00-7:30 AM	11 Remembrance Day No practice	12	13 C4/5 Dryland (BSRC Studio B) 4:00-5:00 PM	14 C4/5 2:00-3:30 C3 2:00-3:00 C1/2 3:00-4:00	15 C4/5 10:15-12:00 C123 @ Wacky T
16 C1 10:00-11:00 C2/3 10:00-11:30 (+Option for C4)	17 C4/5 Seton 6:00-7:30 AM	18 BSRC Dryland C3-5 4:00-5:30 C1-2 4:30-5:30	19	20 C4/5 Dryland (BSRC Studio B) 4:00-5:00 PM	21 C3 4:00-5:30 C1/2 4:30-5:30 C4/5 @ KSC Invitational Meet	22 C1 10:30-11:30 C2/3 10:30-12:00
23 C1 10:00-11:00 C2/3 10:00-11:30 C4/5 KSC Meet	24 C4/5 OFF: Post-meet recovery day	25 BSRC Dryland C3-5 4:00-5:30 C1-2 4:30-5:30	26	27 C4/5 Dryland (BSRC Studio B) 4:00-5:00 PM	28 C4/5 2:00-3:30 C3 2:00-3:00 C1/2 3:00-4:00	29 C4/5 10:15-12:00 C3 10:15-11:15 C1/2 11:00-12:00
30 C1 10:00-11:00 C2/3 10:00-11:30 (+Option for C4)	"Every day is a chance to be better than we were the day before." – Ted Lasso					