

SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	11 TREX C 4:00-5:00pm FH TREX A 5:00-6:00pm FH	12 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	13 TREX A 5:00-6:00pm FH (dryland 5-5:20) TREX B 4:20-5:20pm FH (dryland 4:20-4:40) TREX C 4:00 - 5:00pm FH (dryland 4:40-5:00)	14	15 no Saturday practice	16
17 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	18 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	19 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	20 TREX A 5:00-6:00pm FH (dryland 5-5:20) TREX B 4:20-5:20pm FH (dryland 4:20-4:40) TREX C 4:00 - 5:00pm FH (dryland 4:40-5:00)	21	22 no Saturday practice	23
24 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	25 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	26 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	27 TREX A 5:00-6:00pm FH (dryland 5-5:20) TREX B 4:20-5:20pm FH (dryland 4:20-4:40) TREX C 4:00 - 5:00pm FH (dryland 4:40-5:00)	28	29 no Saturday practice  National Day for Truth and Reconciliation	30

\* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills) \*\*Squad Photos and Dare to Care Sessions will be added as soon as dates are confirmed!