

Junior National Development - OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 5:30-7:30am [5:15 on deck]	4	5 5:30-7:30am [5:15 on deck]	6	7 5:30 - 7:15am [5:15 on deck]
	3:40 Activation 4:00-5:45pm UofC Weights 6-7pm		3:40 Activation 4:00-6:00pm UofC Parent Meeting 6:15 - 7pm in KNB126	5:30 - 7:00pm [5:30 dry, 6:00 swim]	Weights 5-5:45pm 5:45 - 7:15pm UofC	
8	9	10 5:30-7:30am [5:15 on deck]	11	12 5:30-7:30am [5:15 on deck]	13	14 5:30 - 7:15am [5:15 on deck]
	THANKSGIVING OFF		3:40 Activation 4:00-6:00pm UofC	5:30 - 7:00pm [5:30 dry, 6:00 swim]	Weights 5-5:45pm 5:45 - 7:15pm UofC	
15	16	17 5:30-7:30am [5:15 on deck]	18	19 5:30-7:30am [5:15 on deck]	20	21
	3:40 Activation 4:00-5:45pm UofC Weights 6-7pm		3:40 Activation 4:00-6:00pm UofC	5:30 - 7:00pm [5:30 dry, 6:00 swim]	TEAM CHAMPS 1	FALL START UP
22	23	24 5:30-7:30am [5:15 on deck]	25	26 5:30-7:30am [5:15 on deck]	27	28 5:30 - 7:15am [5:15 on deck]
	3:40 Activation 4:00-5:45pm UofC Weights 6-7pm		3:40 Activation 4:00-6:00pm UofC	5:30 - 7:00pm [5:30 dry, 6:00 swim]	OFF (Varsity meet at U of C - practices cancelled)	
29	30	31 5:30-7:30am [5:15 on deck]	01-Nov	02-Nov	03-Nov	04-Nov
	3:40 Activation 4:00-5:45pm UofC Weights 6-7pm		3:40 Activation 4:00-6:00pm UofC	5:30 - 7:00pm [5:30 dry, 6:00 swim]	Weights 5-5:45pm 5:45 - 7:15pm UofC	Cascade Speed Meet

* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills) **Squad Photos may be added!