

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	TREX A swim 4-4:40, dryland 4:40-5 FH TREX B dryland 5-5:20, swim 5:20-6 FH TREX C dryland 4:20-4:40, swim 4:40-5:20 FH		HOLIDAY WEEKEND, NO PRACTICE
8	NO PRACTICE THANKSGIVING	TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	TREX A swim 4-4:40, dryland 4:40-5 FH TREX B dryland 5-5:20, swim 5:20-6 FH TREX C dryland 4:20-4:40, swim 4:40-5:20 FH		TREX A 4:00-5:30pm UofC TREX B 4:00-5:30pm UofC TREX C 4:00-5:30pm UofC
15	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	TREX A swim 4-4:40, dryland 4:40-5 FH TREX B dryland 5-5:20, swim 5:20-6 FH TREX C dryland 4:20-4:40, swim 4:40-5:20 FH	TEAM CHAMPS 1	FALL START UP
22	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	TREX A swim 4-4:40, dryland 4:40-5 FH TREX B dryland 5-5:20, swim 5:20-6 FH TREX C dryland 4:20-4:40, swim 4:40-5:20 FH		NO PRACTICE (Dino Invitational varsity meet at U of C)
29	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH HALLOWEEN	31			

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