

NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 NO PRACTICE
2 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	3 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	4 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	5 TREX A 5:00-6:00pm FH TREX B 4:00 - 5:00pm FH TREX C 4:20-5:20pm FH	6 TREX A 4:30-6:00pm UofC TREX B 4:30-6:00pm UofC TREX C 4:30-6:00pm UofC (NOTE: adjusted practice time)	7	8
9 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	10 NO PRACTICE - Remembrance Day	11 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	12 TREX A 5:00-6:00pm FH TREX B 4:00 - 5:00pm FH TREX C 4:20-5:20pm FH	13	14	15 TREX A 3:00-4:30pm UofC TREX B 3:00-4:30pm UofC TREX C 3:00-4:30pm UofC
16 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	17 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	18 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	19 TREX A 5:00-6:00pm FH TREX B 4:00 - 5:00pm FH TREX C 4:20-5:20pm FH	20	21	22 TREX A 3:00-4:30pm UofC TREX B 3:00-4:30pm UofC TREX C 3:00-4:30pm UofC
23 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	24 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	25 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	26 TREX A 5:00-6:00pm FH TREX B 4:00 - 5:00pm FH TREX C 4:20-5:20pm FH	27 UCSC November Invite, Nov 28-30 at U of C	28 UCSC November Invite, Nov 28-30 at U of C	29

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