

National Development Group Calendar - NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 7:30-9:15am Swim 9:15-10:15 Strength
2 5:30-7:30am Swim	3 5:30-7:30am Swim 5:00-6:00pm Strength 6:00-7:30pm Swim	4 3:30pm Pre-Pool 4:00-5:30pm Swim	5 3:30pm Pre-Pool 4:00-5:30pm Swim 5:45-6:45pm**Strength	6 AM OFF 3:00pm pre-pool 3:30-5:00pm Swim	7	8 CASC Speed Meet
9 OFF	10	11 REMEMBRANCE DAY 3:00-4:30pm Swim	12 3:30pm Pre-Pool 4:00-5:30pm Swim	13 3:30pm Pre-Pool 4:00-5:30pm Swim 5:45-6:45pm Strength	14 5:30-7:30am Swim 5:30pm Pre-Pool 6:00-7:30pm Swim	15 7:30-9:15am Swim 9:15-10:15 Strength
CASC Speed Meet	[Nick away at Swim AB Distance Camp]					
16 5:30-7:30am Swim	17 5:30-7:30am Swim OFF - Attend Swim AB Mental Performance Talk 6-7pm	18 3:30pm Pre-Pool 4:00-5:30pm Swim	19 3:30pm Pre-Pool 4:00-5:30pm Swim 5:45-6:45pm Strength	20 6:00-7:30am Swim 5:30pm Pre-Pool 6:00-7:30pm Swim	21	22 7:30-9:15am Swim 9:15-10:15 Strength
23 5:30-7:30am Swim	24 AM OFF 5:00-6:00pm Strength 6:00-7:30pm Swim	25 3:30pm Pre-Pool 4:00-5:30pm Swim	26 3:30pm Pre-Pool 4:00-5:30pm Swim	27	28	29 UCSC November Invite

* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills, SS=Silver Springs)