

October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
	No Swim (Off)	3:45-5pm Picture Day!	5:15am Activation 5:30am-7:30am UofC		5:15am Activation 5:30am-7:30am UofC	No Swim (Off)
Coaches' Conference		5-6pm Swim CH	3:45pm Activation 4:00-6:00pm SD	3:45pm Activation 4:00-6:00pm CH	Weights 4-5pm UofC	
6	7	8	9	10	11	12
9:30am-10:30am Weights 10:30am-12:30pm UofC	No Swim (Off)		5:15am Activation 5:30am-7:30am UofC		5:15am Activation 5:30am-7:30am UofC	No Swim (Off)
		3:45pm Activation 4:00-6:00pm CH	3:45pm Activation 4:00-6:00pm SD	3:45pm Activation 4:00-6:00 CH	Weights 4-5pm UofC (Group 1) Weights 5-6pm UofC (Group 2)	
13	14	15	16	17	18	19
OPTIONAL WORKOUT: 10:30am-12:30pm UofC 12:30-1:30 Weights	No Swim (Off)		5:15am Activation 5:30am-7:30am UofC			
	Happy Thanksgiving!	3:45pm Activation 4:00-6:00pm CH	3:45pm Activation 4:00-6:00pm SD	3:45pm Activation 4:00-6:00pm CH	TEAM CHAMPS	UCSC Fall Start Up
20	21	22	23	24	25	26
9:30am-10:30am Weights (G1) 10:30am-12:30pm UofC 12:30-1:30pm Weights (G2)	No Swim (Off)		5:15am Activation 5:30am-7:30am UofC		5:15 Activation 5:30am-7:30am UofC	No Swim (Off)
		3:45pm Activation 4:00-6:00pm CH	3:45pm Activation 4:00-6:00pm SD	3:45pm Activation 4:00-6:00pm CH	Weights 4-5pm UofC (G1) Weights 5-6pm UofC (G2)	
27	28	29	30	31	1	2
9:30am-10:30am Weights (G1) 10:30am-12:30pm UofC 12:30-1:30pm Weights (G2)	No Swim (Off)		5:15am Activation 5:30am-7:30am UofC		5:15am Activation 5:30am-7:30am UofC	
		3:45pm Activation 4:00-6:00pm CH	3:45pm Activation 4:00-6:00pm SD	3:45pm Activation 4:00-6:00pm CH	NCSA Fall Invitational	NCSA Fall Invitational
					Weights 4-5pm (G1) Weights 5-6pm (G2)	

UC = University of Calgary, CH= Churchill, SD=Shouldice, FH=Foothills)