

# SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 LABOUR DAY	2	3	4	5	6
7 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	8 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	9 TREX A 4:00-5:00pm FH TREX C 5:00-6:00pm FH	10 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	11 TREX A 4:00-5:00 (swim/dryland) TREX B 4:20-5:20 (dryland/swim) TREX C 5:00-6:00 (dryland/swim)	12 UCSC TEAM BBQ Bowness park sites 3&4 10:45-1:30pm	13
14 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	15 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	16 TREX A 4:00-5:00pm FH TREX C 5:00-6:00pm FH	17 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	18 TREX A 4:00-5:00 (swim/dryland) TREX B 4:20-5:20 (dryland/swim) TREX C 5:00-6:00 (dryland/swim)	19	20
21 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH PHOTO DAY FOR TREX A & B (see website & welcome email for details)	22 TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH PHOTO DAY FOR TREX C (see website & welcome email for details)	23 TREX A 4:00-5:00pm FH TREX C 5:00-6:00pm FH	24 TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH	25 TREX A 4:00-5:00 (swim/dryland) TREX B 4:20-5:20 (dryland/swim) TREX C 5:00-6:00 (dryland/swim)	26	27
28 TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	29 National Day for Truth and Reconciliation NO PRACTICE	30				

\* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills) \*\*Squad Photos will be added as soon as they are confirmed