

JUNIOR NATIONAL DEVELOPMENT - SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Labour Day					
7	8	9	10	11	12	13
	FIRST DAY BACK					UCSC Fall BBQ
	4:00-5:30pm UC	4:00-5:30pm UC Strength Training 5:45-6:45pm	6:00-7:30pm UC		4:00-5:45pm UC	
14	15	16	17	18	19	20
	Squad Photos/Land Training 5-7pm	4-6pm Dry + Swim	5:40 Pre-Pool 6:00-7:30pm UC	Swim 6 -7:30am (5:45 on deck)	3:30 Pre-Pool 4:00-5:45pm UC	
21	22	23	24	25	26	27
	3:30pm Pre-Pool 4-6pm Swim + Dry	4-6pm Dry + Swim Parent/Swimmer Meeting 6-7pm	5:40 Pre-Pool 6:00-7:30pm UC	Swim 6 -7:30am (5:45 on deck)	3:30 Pre-Pool 4:00-5:45pm UC	
28	29	30				
	Swim 6 -7:30am (5:45 on deck) 3:30pm Pre-Pool 4-6pm Swim + Dry	TRUTH AND RECONCILIATION NO PRACTICE				

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