

March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
					1 TREX A, B & C 6:45-7:45 U of C	2 TREX A, B & C 4:00-5:30 U of C	
3	TREX A 4:00-5:00pm Shouldice TREX B 5:00-6:00pm Shouldice	4	5	6	7	8	9
		TREX C 6:00-7:00pm U of C	TREX A 4:30-5:30pm Renfrew	TREX B 4:00-5:00pm Shouldice TREX C 5:00-6:00pm Shouldice (note different pool!!)	TREX A, B & C 6:00-7:00 U of C (note different time!!)	TREX A, B & C 7:45-9:15am U of C (note different time!!)	
10	TREX A 4:00-5:00pm Shouldice TREX B 5:00-6:00pm Shouldice	11	12	13	14	15	16
		TREX C 6:00-7:00pm U of C	TREX A 4:30-5:30pm Renfrew	TREX B 4:00-5:00pm Churchill TREX C 5:00-6:00pm Churchill	TREX A, B & C 6:45-7:45 U of C	NCSA meet at Seton (for 11 and over) 12 Stream/TREX Time Trial 4-7pm U of C (for 10 & U declared TREX)	
17	TREX A 4:00-5:00pm Shouldice TREX B 5:00-6:00pm Shouldice	18	19	20	21	22	23
NCSA meet at Seton (for 11 and over)		TREX C 6:00-7:00pm U of C	TREX A 4:30-5:30pm Renfrew	TREX B 4:00-5:00pm Churchill TREX C 5:00-6:00pm Churchill	no practice SPRING BREAK	no practice SPRING BREAK	
24	no practice SPRING BREAK	25	26	27	28	29	30
		no practice SPRING BREAK	no practice SPRING BREAK	no practice SPRING BREAK	no practice SPRING BREAK	no practice SPRING BREAK	

* All workouts will be at the University of Calgary pool unless otherwise noted (CH= Churchill, SD=Shouldice, FH=Foothills) **Squad Photos and Dare to Care Sessions will be added as soon as dates are confirmed!