

SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	no practice DARE TO CARE - all TREX groups 4:30-6:00pm U of C rooms KNA 160 & KNA 162			FALL BBQ
15	16	17	18	19	20	21
	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH			
22	23	24	25	26	27	28
	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH	TREX A 5:00-6:00pm FH TREX C 4:00-5:00pm FH	TREX B 4:00-5:00pm FH TREX C 5:00-6:00pm FH			
29	30					
	TREX A 4:00-5:00pm FH TREX B 5:00-6:00pm FH					

* 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