

National Development - September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Labour Day					
8	9	10	11	12	13	14
	5:45-7:15pm Swim	3:30-4:00pm Pre-Pool 4:00-5:30pm Swim		3:30-4:00pm Pre-Pool 4:00-5:30pm Swim 5:45-7:00pm Weights	5:45-7:15pm Swim	UCSC Fall BBQ
15	16	17	18	19	20	21
	5:00-5:45pm Weights 5:45-7:15pm Swim	4:00-5:30pm Dare to Care (KNA160)	6:00-7:30am Swim (5:45 on deck)	4:00-5:30pm Swim 5:45-7:00pm Weights	5:45-7:30pm Swim	
22	23	24	25	26	27	28
	5:00-5:45pm Weights 5:45-7:15pm Swim	6:00-7:30am Swim (5:45 on deck) 3:15-4:00pm Squad Photos 4:00-5:30pm Swim	6:00-7:30am Swim (5:45 on deck)	3:30-4:00pm Pre-Pool 4:00-5:30pm Swim 5:45-7:00pm Weights	OFF	OFF
29	30				CSCA National Coaches Conference	
	3:00-5:00pm Swim					
	Truth and Reconciliation Day					

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