

SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
						3
4	5	6	7	8	9	10
						11
11	12	13	14	15	16	17
3:30pm Activation 4:00-5:00pm UoFC 5:00-6:00pm Weights (Nick)	3:30pm Activation 4:00 - 5:00pm UoFC (DN) 5:00-6:00pm Swim (Carl) 6:00-7:00pm Weights (Carl)	3:30pm Activation 4:00-5:00pm UoFC 5:00-6:00pm Dryland (Dave)	Dare To Care In Service 4:00-5:30pm Location TBA 5:30-6:30pm Weights (Nick)	2:30-3:45pm Weights (Carl) 4:00-5:00pm UoFC 5:00-6:00pm Weights (Dave)		
18	19	20	21	22	23	24
3:30pm Activation 4:00-5:00pm UoFC 5:00-6:00pm Weights (Nick)	5:30-7:30am UoFC Activation Team Photos 3:15-4:45pm 5:00-6:00pm Swim (CDN) 6:00-7:00pm Weights (Carl)	3:30pm Activation 4:00-5:00pm UoFC 5:00-6:00pm Dryland (Dave)	3:30pm Activation 4:00 - 5:30pm UoFC 5:30-6:30pm Weights (Nick)	2:30-3:45pm Weights (Carl) 4:00-5:00pm UoFC 5:00-6:00pm Weights (Dave)	Fall BBQ	
25	26	27	28	29	30	
3:30pm Activation 4:00-5:00pm UoFC 5:00-6:00pm Weights (Nick)	5:30-7:30am UoFC Activation 3:30pm Activation 4:00 - 5:00pm UoFC (DN) 5:00-6:00pm Swim (Carl) 6:00-7:00pm Weights (Carl)	3:30pm Activation 4:00-5:00pm UoFC 5:00-6:00pm Dryland (Dave)	5:30-7:30am UoFC Activation CSCA Coaching Conference	CSCA Coaching Conference National Day for Truth and Reconciliation	CSCA Coaching Conference	

* 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!