

# National Group - October 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 OFF - Coaches Conference
2	3 3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)	4 5:15-5:30am Pre-Pool 5:30-7:30am UofC 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm ©	5 3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Land 6:00-7:00pm (D)	6 5:15-5:30am Pre-Pool 5:30-7:30am UofC 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	7 2:30-4:00pm Weights © 4:00-6:00pm UofC Weights 6:00-7:00pm (D)	8 5:15-5:30am Pre-Pool 5:30-7:15am UofC
9	10 5:15-5:30am Pre-Pool 5:30-7:30am UofC 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm © Thanksgiving	11 3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Land 6:00-7:00pm (D)	12 5:15-5:30am Pre-Pool 5:30-7:30am UofC 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	13	14 TEAM CHAMPS	15 FALL START UP
16	17 3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)	18 5:15-5:30am Pre-Pool 5:30-7:30am UofC 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm ©	19 3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Land 6:00-7:00pm (D)	20 5:15-5:30am Pre-Pool 5:30-7:30am UofC 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	21 2:30-4:00pm Weights © 4:00-6:00pm UofC Weights 6:00-7:00pm (D)	22 5:15-5:30am Pre-Pool 5:30-7:15am UofC
23	24 3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N)	25 5:15-5:30am Pre-Pool 5:30-7:30am UofC 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm ©	26 3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Land 6:00-7:00pm (D)	27 5:15-5:30am Pre-Pool 5:30-7:30am UofC 3:30-4:00pm Pre-Pool 4:00 - 6:00pm UofC Weights 6:00-7:00pm (N)	28 Possible Workout - TBA DINO INVITATIONAL WORLD CUP	29 5:15-5:30am Pre-Pool 5:30-7:15am UofC DINO INVITATIONAL WORLD CUP
30 WORLD CUP	31 3:30-4:00pm Pre-Pool 4:00-6:00pm UofC Weights 6:00-7:00pm (N) Halloween					

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