

# August

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10 <b>FALL SPORTS MEETING @ AAHS</b> 5:15 PM (SWIM AND DIVE PARENT/ ATHLETE MEETING IN THE NEST TO FOLLOW) <b>CAP ORDERS DUE</b>	11	12
13	14 <b>FIRST DAY OF PRACTICE</b> 4-6 PM Practice No Dryland	15 8-10:30 AM Practice <b>* TEAM APPAREL ORDER DEADLINE</b>	16 8-10:30 AM Practice	17 8-10:30 AM Practice	18 8-10:30 AM Practice <b>*2nd TEAM SUIT ORDER DEADLINE</b>	19 8-10 AM Swim Practice Dive Dryland
20	21 8-10:30 AM Practice	22 8-10:30 AM Practice	23 8-10:30 AM Practice	24 <b>LITTLE FALLS</b>	25 8-10:30 AM Practice	26 8-10 AM Swim Practice Dive Dryland
27	28 3:30-6:00 PM Practice	29 <b>WILLMAR</b>	30 <b>Open House Night</b> 8-10:30AM Practice	31 3:30-6:00 PM Practice	September 1 8-10:30 AM Practice <b>Cub Bagging 11-6</b>	2 8-10 AM Swim Practice Dive Dryland
3	4 <b>LABOR DAY NO PRACTICE</b>	<p><b>Clothing orders</b> can be placed online through the Cowing Robards Web store: <a href="https://aahsgirlsswim2023.itemorder.com/shop/sale/">https://aahsgirlsswim2023.itemorder.com/shop/sale/</a></p> <p><b>Team Suit orders</b> can be placed online through Elsmore: <a href="https://elsmoreswim.com/collections/alexandria-hs-girls">https://elsmoreswim.com/collections/alexandria-hs-girls</a></p> <p>First suit deadline is <b>July 20th</b>, the second deadline is <b>August 15th</b></p> <ul style="list-style-type: none"> <li>- All suits will be shipped together to DMS, I will send out an email when they can be picked up or I will hand them out at practice</li> </ul> <p><b>Swim Cap</b> requests can be added to the table linked here: <a href="https://docs.google.com/document/d/1CnW_es10AIDPh6AoSnj3fW3LK64NlaYSuderO8YNwg0/edit?usp=sharing">https://docs.google.com/document/d/1CnW_es10AIDPh6AoSnj3fW3LK64NlaYSuderO8YNwg0/edit?usp=sharing</a></p>				

# September

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8-10:30AM Practice Cub Bagging Fundraiser 10-6	2 8-10 AM Swim Practice Dive Dryland
3	4 <b>LABOR DAY NO PRACTICE</b>	5 Dryland at DMS 3:45-4:15 Swim 4:30-6:30	6 Weights at AAHS 3:30 to 4:05 Practice at DMS 4:30 to 6:00	7 <b>@ FERGUS FALLS</b>	8 Weights at AAHS 3:30 to 4:05 Practice at DMS 4:30 to 6:30	9 8:30-10:30 AM- Swim Practice 8-10 AM -Dive Dryland
10	11 Weights at AAHS 3:30 to 4:05 Practice at DMS 4:30 to 6:30	12 <b>@ SAUK RAPIDS- RICE</b>	13 Weights at AAHS 3:30 to 4:05 Practice at DMS 4:30 to 6:00	14 <b>ST. CLOUD TECH</b>	15 <b>HOMECOMING NO PRACTICE</b>	16 <b>@ WEST FARGO BORDER BATTLE</b>
17	18 Weights at AAHS 3:30 to 4:05 Practice at DMS 4:30 to 6:30	19 Dryland at DMS 3:45-4:15 Swim 4:30-6:30	20 Weights at AAHS 3:30 to 4:05 Practice at DMS 4:30 to 6:00	21 <b>SARTELL</b>	22 Weights at AAHS 3:30 to 4:05 Practice at DMS 4:30 to 6:30	23 8:30-10:30 AM- Swim Practice 8-10 AM -Dive Dryland
24	25 Weights at AAHS 3:30 to 4:05 Practice at DMS 4:30 to 6:30	26 Dryland at DMS 3:45-4:15 Practice 4:30-6:30	27 Weights at AAHS 3:30 to 4:05 Practice at DMS 4:30 to 6:00	28 <b>@ BRAINERD</b>	29 Weights at AAHS 3:30 to 4:05 Practice at DMS 4:30 to 6:30	30 8:30-10:30 AM- Swim Practice 8-10 AM -Dive Dryland

# October

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Weights at AAHS 3:30 to 4:05  Practice at DMS 4:30 to 6:30	3 Dryland at DMS 3:45-4:15  Swim 4:30-6:30	4 Weights at AAHS 3:30 to 4:05  Swim at DMS 4:30 to 6:00	5 <b>@ SAUK CENTRE</b>	6 Weights at AAHS 3:30 to 4:05  Swim at DMS 4:30 to 6:30	7 8:30-10:30 AM- Swim Practice 8-10 AM -Dive Dryland
8	9 Weights at AAHS 3:30 to 4:05  Practice at DMS 4:30 to 6:30	10 Dryland at DMS 3:45-4:15  Swim 4:30-6:30	11 Weights at AAHS 3:30 to 4:05  Swim at DMS 4:30 to 6:00	12 <b>ST. CLOUD APOLLO</b>	13 Weights at AAHS 3:30 to 4:05  Swim at DMS 4:30 to 6:30	14 <b>TRUE TEAM TBD</b>
15	16 Weights at AAHS 3:30 to 4:05  Practice at DMS 4:30 to 6:30	17 <b>@ ROCORI</b>	18 Weights at AAHS 3:30 to 4:05  Swim at DMS 4:30 to 6:00	19 <b>MEA</b> 8-10:30AM Practice	20 <b>MEA</b> 8-10:30AM Practice	21 <b>TRUE TEAM STATE</b> 8:30-10:30 AM- Swim Practice 8-10 AM -Dive Dryland
22	23 Weights at AAHS 3:30 to 4:05  Practice at DMS 4:30 to 6:30	24 Dryland at DMS 3:45-4:15  Swim 4:30-6:30	25 Weights at AAH27 3:30 to 4:05  Swim at DMS 4:30 to 6:00	26 Dryland at DMS 3:45-4:15  Swim 4:30-6:30	27 Weights at AAHS 3:30 to 4:05  Swim at DMS 4:30 to 6:30	28 <b>CLC MEET @ ALEXANDRIA</b>
29	30 Practice at DMS 3:45-6:00	31 Practice at DMS 3:45-6:00				

# November

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Practice at DMS 3:45-6:00	OCTOBER 31 Practice at DMS 3:45-6:00	1 Practice at DMS 3:45-6:00	2 Practice at DMS 3:45-6:00	3 Practice at DMS 3:45-6:00	4 8:30-10:30 AM- Swim Practice 8-10 AM -Dive Dryland
5	6 <b>NO SCHOOL</b> Practice at DMS 3:45-6:00	7 Practice at DMS 3:45-6:00	8 Practice at DMS 3:45-6:00	9 Practice at DMS 3:45-6:00	10 Practice at DMS 3:45-6:00	11 <b>SECTION MEET</b> <b>@ DETROIT LAKES</b>
12	13 Practice at DMS 3:45-6:00	14 Practice at DMS 3:45-6:00	15 Practice at DMS 3:45-6:00	16 <b>STATE MEET AT THE</b> <b>U OF M</b>	17 <b>STATE MEET AT THE</b> <b>U OF M</b>	18 <b>STATE MEET AT THE</b> <b>U OF M</b>
19	20	21	22	23 <b>THANKSGIVING</b>	24	25
26	27	28	29	30		