

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 First Day of Practice Weight room 3:20-3:45 Weight room 3:20-3:45 Practice 4:00-6:15	15 Practice 3:30-6:15	16 Practice 3:30-6:00	17 Practice 3:30-6:15	18 Weight Room 3:20-3:45 Practice 4:00-6:15	19
20	21 Weight Room 3:20-3:45 Practice 4:00-6:15	22 Practice 3:30-6:15	23 Practice 3:30-6:00	24 No School	25 No School Optional Practice 9am-12	26

27	28 Practice 3:30-6:15	29 Practice 3:30-6:15	30 Practice 3:30-6:00			
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December 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Away Meet @ Willmar	2 Weight Room 3:20-3:45 Practice: Pre-Meet In & Out	3 Away Meet @ White Bear Lake Invite
4	5 Weight Room 3:20-3:45 Practice 4:00-6:15	6 Practice 3:30-6:15	7 Practice 3:30-6:00	8 3:30 Practice: Pre-Meet In & Out Picture Day	9 Away Meet @ NLS Tri	10
11	12 Weight Room 3:20-3:45 Practice 4:00-6:15	13 Practice 3:30-6:15	14 3:30 Practice: Pre-Meet In & Out	15 Away Meet @ Sartell	16 Weight Room 3:20-3:45 Practice 4:00-6:15	17
18	19 Weight Room 3:20-3:45 Practice 4:00-6:15	20 Practice 3:30-6:15	21 3:30 Practice: Pre-Meet In & Out	22 Away Meet @ Moorhead	23 No School	24

25	26 No School	27 Practice 8-12	28 Practice 8-12	29 Practice 8-12	30 No School	31
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	January 2023					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No School	3 Practice 3:30-6:15	4 3:30 Practice: Pre-Meet In & Out	5 1st Home Meet vs Brainerd	6 Weight Room 3:20-3:45 Practice 4:00-6:15	7
8	9 Weight Room 3:20-3:45 Practice: Pre-Meet In & Out	10 Home Meet vs Bemidji	11 3:30 Practice: Pre-Meet In & Out	12 Home Meet vs Fergus Falls *Parent Night*	13 Weight Room 3:20-3:45 Practice 4:00-6:15	14
15	16 NO SCHOOL 3:30 Practice: Pre-Meet In & Out	17 Away Meet @ Little Falls	18 Practice 3:30-6:00	19 Practice 3:30-6:15	20 Weight Room 3:20-3:45 Practice 4:00-6:15	21
22	23 Weight Room 3:20-3:45 Practice 4:00-6:15	24 Practice 3:30-6:15	25 3:30 Practice: Pre-Meet In & Out	26 Away Meet @ St. Cloud	27 Weight Room 3:20-3:45 Practice 4:00-6:15	28

29	30 Weight Room 3:20-3:45 Practice: Pre-Meet In & Out	31 Away Meet @ Park Rapids Tri				
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	February 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1 2 Hour Late Start 3:30 Practice: Pre-Meet In & Out	2 Home Meet Vs. SRR *Senior Night*	3 Weight Room 3:20-3:45 Practice 4:00-6:15	4	
5 Varsity Only--->	6 Weight Room 3:20-3:45 3:30 Practice: Pre-Meet In & Out	7 Practice 3:30-6:15	8 Practice 3:30-6:00	9 Practice 3:30-6:15	10 Weight Room 3:20-3:45 3:30 Practice: Pre-Meet In & Out	11 CLC @ Brainerd	
12	13 Weight Room 3:20-3:45 Practice 4:00-6:15	14 Practice 3:30-6:15	15 Practice 3:30-6:00	16 Practice 3:30-6:15	17 No School	18 Sections TBD	
19	20 No School	21 Practice TBD	22 Practice TBD	23 State	24 State	25	

26	27	28				
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