

January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 Junior – 7:45-10:00am Senior – 7:45-10:00am	29 Junior – 7:45-10:00am Senior – 7:45-10:00am Red – 4:15-6:00pm White – 5:45-7:00pm Blue – 5:45-7:00pm	30 Junior – 7:45-10:00am Senior – 7:45-10:00am Red – 4:15-6:00pm Little Hammerheads – 5:45-7:00pm White – 5:45-7:00pm Blue – 5:45-7:00pm	31 New Year's Eve Junior – 7:45-10:00am Senior – 7:45-10:00am	1 New Year's Day No Practice	2 Junior – 9:00-11:00am Senior – 9:00-11:00am Red – 4:15-6:00pm	3 Boys Varsity Away @ Colgate Junior – 8:00-10:00am Senior – 8:00-10:00am Little Hammerheads – 10:00-11:00am
4	5 Junior – 4:45-7:00pm Senior – 4:45-7:00pm Red – 6:15-8:00pm	6 Junior – 4:45-7:00pm Senior – 4:45-7:00pm Little Hammerheads – 6:15-7:30 @ Perry White – 6:15-7:30pm Blue – 6:15-7:30pm	7 Junior – 4:45-7:00pm Senior – 4:45-7:00pm White – 6:15-7:30 @ Perry Red – 6:15-8:00pm	8 Senior – 4:45-6:45pm White – 6:15-7:30 @ Perry Blue – 6:15-7:30pm Red – 6:15-8:00pm	9 <i>Junior – 2:45-5:00pm</i> <i>Senior – 2:45-5:00pm</i> Blue – 6:15-7:30pm Red – 6:15-8:00pm	10 Junior – 9:00-11:00am Senior – 9:00-11:00am Little Hammerheads – 10:00-11:00am
11	12 Junior – 4:45-6:30pm Senior – 4:45-6:30pm Red – 6:15-8:00pm <i>Blue – 6:15-7:30pm</i>	13 Varsity Home Meet vs. RFA <i>Junior – 6:45-8:30pm</i> <i>Senior – 6:45-8:30pm</i> Little Hammerheads – 6:15-7:30 @ Perry White – 6:15-7:30pm @ Perry Blue – No Practice	14 Junior – 4:45-7:00pm Senior – 4:45-7:00pm White – 6:15-7:30 @ Perry Red – 6:15-8:00pm	15 Junior – 4:45-6:45pm Senior – 4:45-6:45pm White – 6:15-7:30 @ Perry Blue – 6:15-7:30pm Red – 6:15-8:00pm	16 <i>Junior – 2:45-5:00pm</i> <i>Senior – 2:45-5:00pm</i> <i>Red – 4:45-6:30pm</i> Blue – 6:15-7:30pm	17 Canajoharie Developmental Meet @ Canjo Middle School
18 Chris Goody IMX Meet @ Union	19 Martin Luther King Jr. Day No Practice	20 Junior – 4:45-7:00pm Senior – 4:45-7:00pm Little Hammerheads – 6:15-7:30 @ Perry White – 6:15-7:30pm Blue – 6:15-7:30pm	21 Junior – 4:45-7:00pm Senior – 4:45-7:00pm White – 6:15-7:30 @ Perry Red – 6:15-8:00pm	22 Junior – 4:45-6:45pm Senior – 4:45-6:45pm White – 6:15-7:30 @ Perry Blue – 6:15-7:30pm Red – 6:15-8:00pm	23 Varsity Home Meet vs. Proctor <i>Junior – 6:45-8:30pm</i> <i>Senior – 6:45-8:30pm</i> <i>Red – 4:45-6:30pm @ Perry</i> <i>Blue – 6:15-7:30pm @ Perry</i>	24 Junior – 7:30-9:00am Senior – 7:30-9:00am Little Hammerheads – 10:00-11:00am
25 Stingray Splash @ Skidmore Canceled	26 No Practice SNOW DAY	27 Junior – 4:45-7:00pm Senior – 4:45-7:00pm Little Hammerheads – 6:15-7:30 @ Perry White – 6:15-7:30pm Blue – 6:15-7:30pm	28 Individual Photos-5pm Team Picture @ 5:30pm Wear Team Suits Team Intrasquad "Mini" Meet Jr/Sr Warm-up @ 5:40pm Red Warm-up @ 5:40pm Littles/White/Blue @ 6:00pm Meet Start @ 6:30pm	29 Junior – 4:45-6:45pm Senior – 4:45-6:45pm White – 6:15-7:30 Blue – 6:15-7:30pm Red – 6:15-8:00pm	30 Junior – 4:45-6:30pm Senior – 4:45-6:30pm Blue – 6:15-7:30pm Red – 6:15-8:00pm	31 Junior – 7:45-9:30am Senior – 7:45-9:30am Jr/Sr Group – Yoga – 10:30am Little Hammerheads – 10:00-11:00am