

# January 2026

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