



SOUTH HILLS SPLASH

Practice Schedule 2025-26

All practices are 4-6 p.m. at USC High School natatorium unless otherwise noted

9/28 – 1st practice

10/5 – No practice – First Splash meet at Peters Twp H.S.

10/12 – Practice

10/29 – Practice

10/26 – No practice, PEAQ Halloween Meet

11/2 – Practice

11/9 – Practice

11/16 – Practice

11/23 – No practice, Braun Meet

11/30 – Practice (Thanksgiving Break)

12/7 – Practice (PEAQ Intrasquad Meet)

12/14 – No practice, PEAQ Christmas Meet

12/21 – No practice, Holiday Break

12/28 – No practice, Holiday Break

1/4 – Practice

1/11 – Practice

1/18 – Practice

1/25 – No Practice – Maryland IMX Meet

2/1 – Practice

2/8 – No Practice – PEAQ February Invitational Meet @ USC

2/15 – Practice (President's Weekend)

2/22 - Practice

3/1 – No Practice – WPIALs and High School Special

3/9 - No practice Age Group Champs

3/15 – Practice (States = 3/14-15)

3/22 – Practice

3/29 – No Practice – Spring Break

4/5 – No Practice – Easter

4/8 – (Wednesday) Practice – Meet Prep

4/11 – County Champs Meet @ USC