

January 2025 USC Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 NO PRACTICES	2 5-6:30 pm AG3 5-7 pm JR 7-8:30 pm SU/S/SP/SHS	3 CRIM MEET PM PRACTICE CHANGE DUE TO HOME HIGH SCHOOL MEET 6:30*-7:30 pm AG3/AG2/AG1 <i>*practice will start</i> <i>when meet ends but</i> <i>no earlier than 6:30</i> <i>pm</i>	4 CRIM MEET
5 CRIM MEET	6 AM PRACTICE IS ONLY PRACTICE FOR SR PROGRAM DUE TO HOME HIGH SCHOOL MEET 5:30-7 am SU/S/SP/SHS PM PRACTICE CHANGE DUE TO HOME HIGH SCHOOL MEET 6:30*-8 pm JR/AG3/AG2/AG1 <i>*practice will</i> <i>start when meet</i> <i>ends</i>	7 5-6:30 pm JR/AG3/AG2 6:30-8 pm SU/S/SP/SHS	8 AM PRACTICE IS ONLY PRACTICE FOR SR PROGRAM DUE TO HOME HIGH SCHOOL MEET 5:30-7 am SU/S/SP/SHS PM PRACTICE CHANGE DUE TO HOME HIGH SCHOOL MEET 6:30*-8 pm AG3/AG2/AG1 <i>*practice will start</i> <i>when meet ends</i>	9 5-6:30 pm AG3 5-7 pm JR 7-8:30 pm SU/S/SP/SHS	10 PM PRACTICE SHIFTED 1 HOUR EARLIER DUE TO AWAY HS MEET 4-5:30 pm JR/AG2/AG1 5:30-7 pm SU/S/SP/SHS	11 7-9 am SU/S/SP/JR 9-10:30 am AG3/AG2/AG1 YOGA (for those signed up) 12:30-1:30 pm

12 REACH (for those signed up) 8-9 am AG3/JR 9-10 am SU/S/SP/SHS	13 5-6:30 pm SHS/JR/AG3 6:30-8 pm AG2/AG1 6:30-8:30 pm SU/S/SP no	14 AM PRACTICE IS ONLY PRACTICE FOR SR PROGRAM DUE TO HOME HIGH SCHOOL MEET 5:30-7 am SU/S/SP/SHS PM PRACTICE CHANGE DUE TO HOME HIGH SCHOOL MEET 6:30*-8 pm JR/AG3/AG2 <i>*practice will start when meet ends</i>	15 5-6:30 pm AG3/AG2/AG1 6:30-8:30 pm SU/S/SP/SHS	16 5-6:30 pm AG3 5-7 pm JR 7-8:30 pm SU/S/SP/SHS	17 BRONZE CHAMPS 5:30-7 am SU/S/SP/SHS	18 BRONZE CHAMPS 7-9 am SU/S/SP/SHS/JR
19 BRONZE CHAMPS	20 5-6:30 pm SHS/JR/AG3 6:30-8 pm AG2/AG1 6:30-8:30 pm SU/S/SP	21 5:30-7 am SU/S/SP/SHS 5-6:30 pm JR/AG3/AG2 6:30-8 pm SU/S/SP/SHS	22 5-6:30 pm AG3/AG2/AG1 6:30-8:30 pm SU/S/SP/SHS	23 AM PRACTICE FOR SR PROGRAM DUE TO HOME HIGH SCHOOL MEET 5:30-7 am SU/S/SP/SHS PM PRACTICE CHANGE DUE TO HOME HIGH SCHOOL MEET 6:30*-8* pm AG3/JR <i>*practice will start when meet ends and end no later than 8:30 pm</i>	24 5-6:30 pm JR/AG2/AG1 6:30-8 pm SU/S/SP/SHS	25 7-9 am SU/S/SP/JR 9-10:30 am AG3/AG2/AG1

26	27 PM PRACTICE SHIFTED 1 HOUR EARLIER DUE TO AWAY HS MEET 4-5:30 pm SHS/JR/AG3 5:30-7 pm AG2/AG1 5:30-7:30 pm SU/S/SP	28 5:30-7 am SU/S/SP/SHS 5-6:30 pm JR/AG3/AG2 6:30-8 pm SU/S/SP/SHS	29 5-6:30 pm AG3/AG2/AG1 6:30-8:30 pm SU/S/SP/SHS	30 5-6:30 pm AG3 5-7 pm JR 7-8:30 pm SU/S/SP/SHS	31 5-6:30 pm JR/AG2/AG1 6:30-8 pm SU/S/SP/SHS	
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