

July 2025 USC Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1		1 6:30-8 am @ QR JR/AG3/AG2 6:30-8:30 am @ AB SU/S/SP/SHS 6-7:30 pm @ AB SU/S/SP/SHS	2 6:30-6:45 am @ QR SU/S/SP/SHS dynamic warm up 6:45-8:45 am @ QR SU/S/SP/SHS 3:45-5:15 pm @ AB AG3/AG2/AG1	3 6:30-8:30 am @ AB SU/S/SP/SHS 3:15-5:15 pm @ AB JR/AG3	4 6:30-8:30 am @ QR SU/S/SP/SHS 3:45-5:15 pm @ AB JR/AG2/AG1	5 7-7:15 am @ AB SU/S/SP/JR dynamic warm up 7:15-9:15 am @ AB SU/S/SP/JR 9:15-10:30 am @ AB AG3/AG2/AG1
6	7 6:30-6:45 am @ QR SU/S/SP/SHS dynamic warm up 6:45-8:45 am @ QR SU/S/SP/SHS 3:15-5:15 pm @ AB JR/AG3 5:15-6:45 pm @ AB AG2/AG1	8 6:30-8 am @ QR JR/AG3/AG2 6:30-8:30 am @ AB SU/S/SP/SHS	9 6:30-6:45 am @ AB SU/S/SP/SHS dynamic warm up 6:45-8:45 am @ QR SU/S/SP/SHS 3:45-5:15 pm @ AB AG3/AG2/AG1	10 NE SENIOR CHAMPS 6:30-8:30 am @ AB SU/S/SP/SHS 3:15-5:15 pm @ AB JR/AG3	11 NE SENIOR CHAMPS & NE 10&UNDER CHAMPS 6:30-8:30 am @ QR SU/S/SP/SHS 3:45-5:15 pm @ AB JR/AG2/AG1	12 NE SENIOR CHAMPS & NE 10&UNDER CHAMPS 7-9:00 am @ AB SU/S/SP/SHS/JR
13 NE SENIOR CHAMPS & NE 10&UNDER CHAMPS	14 6:30-6:45 am @ QR SU/S/SP/SHS dynamic warm up 6:45-8:45 am @ QR SU/S/SP/SHS 3:15-5:15 pm @ AB JR/AG3 5:15-6:45 pm @ AB AG2/AG1	15 6:30-8 am @ QR JR/AG3/AG2 6:30-8:30 am @ AB SU/S/SP/SHS	16 6:30-6:45 am @ QR SU/S/SP/SHS dynamic warm up 6:45-8:45 am @ QR SU/S/SP/SHS 3:45-5:15 pm @ AB AG3/AG2/AG1	17 NE 11-14 AG CHAMPS 6:30-8:30 am @ AB SU/S/SP/SHS 3:15-5:15 pm @ AB JR/AG3	18 NE 11-14 AG CHAMPS 6:30-8:30 am @ QR SU/S/SP/SHS 3:45-5:15 pm @ AB JR/AG3	19 NE 11-14 AG CHAMPS 7-7:15 am @ AB SU/S/SP/SHS/JR dynamic warm up 7:15-9 am @ AB SU/S/SP/SHS/JR 9-10:30 am @ AB AG2/AG1 9-10 am @ AB meeting with Kevin for rising seniors

20 NE 11-14 AG CHAMPS 10 am - 2 pm Kimball Farms SU/S/SP/SHS	21 6:30-6:45 am @ QR SU/S/SP/SHS dynamic warm up 6:45-8:45 am @ QR SU/S/SP/SHS 3:15-5:15 pm @ AB JR/AG3 5:15-6:45 pm @ AB AG2/AG1 7-8 pm Safe Sport Zoom for ALL USC Parents	22 6:30-8 am @ QR JR/AG3/AG2 6:30-8:30 am @ AB SU/S/SP/SHS	23 6:30-6:45 am @ QR SU/S/SP/SHS dynamic warm up 6:45-8:45 am @ QR SU/S/SP/SHS 3:45-5:15 pm @ AB AG3/AG2/AG1 7-8 pm Safe Sport Zoom for ALL USC Swimmers	24 6:30-8:30 am @ AB SU/S/SP/SHS 3:15-5:15 pm @ AB JR/AG3	25 CRA/USC MEET	26 CRA/USC MEET
27 CRA/USC MEET	28 6:30-6:45 am @ QR SU/S/SP/SHS dynamic warm up 6:45-8:45 am @ QR SU/S/SP/SHS 3:15-5:15 pm @ AB JR/AG3 5:15-6:45 pm @ AB AG2/AG1 7:45-9 pm @ QR *Senior Send Off*	29 6:30-8 am @ QR JR/AG3/AG2 6:30-8:30 am @ AB SU/S/SP/SHS	30 6:30-6:45 am @ QR SU/S/SP/SHS dynamic warm up 6:45-8:45 am @ QR SU/S/SP/SHS 6:30-8:45 am @ QR Move Up Day for 8th graders (joining senior program for 1 practice) 3:45-5:15 pm @ AB AG3/AG2/AG1	31 6:30-8:30 am @ AB SU/S/SP/SHS 3:15-5:15 pm @ AB JR/AG3		