

## October 2025 USC Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 5-6:30 pm AG3/AG2/AG1  6:15-6:30 pm SU/S/SP/SHS dynamic warm up  6:30-8:30 pm SU/S/SP/SHS	<b>2</b> 5:30-7 am SU/S/SP/SHS  <b>PM PRACTICE                      SHIFTED 1 HOUR                      EARLIER DUE TO                      NO SCHOOL AT AB</b>  4-6 pm JR  4-5:30 pm AG3  6-7:30 pm SU/S/SP/SHS	<b>3</b> CS-N MEET	<b>4</b> CS-N MEET
<b>5</b> CS-N MEET	<b>6</b> 4:45-5 pm SU/S/SP/JR dynamic warm up or classroom  5-6:45 pm SU/S/SP/JR  6:30-6:45 pm SHS dynamic warm up  6:45-8:15 pm SHS/AG3/AG2  6:45-8 pm AG1	<b>7</b> <b>AM PRACTICE FOR                      SR PROGRAM DUE                      TO HOME HIGH                      SCHOOL MEET</b>  5:30-7 am SU/S/SP/SHS  <b>PM PRACTICE                      CHANGE DUE TO                      HOME HIGH                      SCHOOL MEET</b>  7*-8:30 pm JR/AG3/AG2  <i>*be there at 6:45                      pm as practice will                      start when meet                      ends</i>	<b>8</b> 5-6:30 pm AG3/AG2/AG1  6:15-6:30 pm SU/S/SP/SHS dynamic warm up  6:30-8:30 pm SU/S/SP/SHS	<b>9</b> <b>AM PRACTICE IS                      ONLY PRACTICE                      FOR SR PROGRAM                      DUE TO HOME                      HIGH SCHOOL                      MEET</b>  5:30-7 am SU/S/SP/SHS  <b>PM PRACTICE                      CHANGE DUE TO                      HOME HIGH                      SCHOOL MEET</b>  7*-8:30 pm JR/AG3  <i>*be there at 6:45                      pm as practice will                      start when meet                      ends</i>	<b>10</b> 5-6:30 pm JR/AG2/AG1  6:30-8 pm SU/S/SP/SHS	<b>11</b> <del>7-7:15 am</del> <del>SU/S/SP/SHS/JR</del> <del>dynamic warm up</del>  <del>7:15-9:15 am</del> <del>SU/S/SP/SHS/JR</del>  <del>12:30-1:30 pm @</del> <del>Yoga 626</del> <del>13&amp;Overs</del>  CANCELLED DUE TO POOL CHEMICAL IMBALANCE

12	13 4:45-5 pm SU/S/SP/JR dynamic warm up or classroom  5-6:45 pm SU/S/SP/JR  6:30-6:45 pm SHS dynamic warm up  6:45-8:15 pm SHS/AG3/AG2  6:45-8 pm AG1  CANCELLED DUE TO POOL CHEMICAL IMBALANCE	14 <del>AM PRACTICE FOR  SR PROGRAM DUE  TO HOME HIGH  SCHOOL MEET</del>  5:30-7 am SU/S/SP/SHS  PM PRACTICE CHANGE DUE TO HOME HIGH SCHOOL MEET  6*-8 pm SU/S/SP/SHS/JR  <i>*be there at 5:45  pm as practice will  start when meet  ends</i>	15 5-6:30 pm AG3/AG2/AG1  6:15-6:30 pm SU/S/SP/SHS dynamic warm up  6:30-8:30 pm SU/S/SP/SHS	16 5:30-7 am SU/S/SP/SHS  SHORT PRACTICE DUE TO AB BACK TO SCHOOL NIGHT  5-6 pm JR/AG3/AG2	17 CRIM MEET	18 CRIM MEET
19 CRIM MEET	20 PRACTICE SHIFTED EARLIER DUE TO NO SCHOOL AT AB  4-4:15 pm SU/S/SP/JR dynamic warm up or classroom  4:15-6:15 pm SU/S/SP/JR  6-6:15 pm SHS dynamic warm up  6:15-7:45 pm SHS/AG3/AG2/AG1	21 5-6:30 pm JR/AG3/AG2  6:30-8:30 pm SU/S/SP/SHS	22 5-6:30 pm AG3/AG2/AG1  6:15-6:30 pm SU/S/SP/SHS dynamic warm up  6:30-8:30 pm SU/S/SP/SHS	23 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  7*-8:30 pm JR/AG3  <i>*be there at 6:45  pm as practice will  start when meet  ends</i>	24 5-6:30 pm JR/AG2/AG1  6:30-8 pm SU/S/SP/SHS	25 7-7:15 am SU/S/SP/SHS/JR dynamic warm up  7:15-9:15 am SU/S/SP/SHS/JR  9:15-10:30 am AG3/AG2/AG1

26	27 <b>PRACTICE SHIFTED  EARLIER DUE TO  AB EARLY RELEASE</b>  4-4:15 pm SU/S/SP/JR dynamic warm up or classroom  4:15-6:15 pm SU/S/SP/JR  6-6:15 pm SHS dynamic warm up  6:15-7:45 pm SHS/AG3/AG2/AG1	28 5-6:30 pm JR/AG3/AG2  6:30-8:30 pm SU/S/SP/SHS	29 5-6:30 pm AG3/AG2/AG1  6:15-6:30 pm SU/S/SP/SHS dynamic warm up  6:30-8:30 pm SU/S/SP/SHS	30 5:30-7 am SU/S/SP/SHS  5-7 pm JR  5-6:30 pm AG3  7-8:30 pm SU/S/SP/SHS	31 5-6:30 pm SU/SP/S/SHS/JR	
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