

September 2025 USC Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6 12-2 pm @ Quail Ridge Welcome Brunch
7	8 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	9 5-6:30 pm JR/AG3/AG2 6:30-8:30 pm SU/S/SP/SHS	10 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	11 5:30-7 am SU/S/SP/SHS 5-6:30 pm AG3 5-7 pm JR 7-8:30 pm SU/S/SP/SHS	12 5-6:30 pm JR/AG2/AG1 6:30-8 pm SU/S/SP/SHS	13 7-7:15 am SU/S/SP/SHS/JR dynamic warm up 7:15-9:00 am SU/S/SP/SHS/JR 9:00-9:30 am Senior Group & Parents Meeting with Liz
14	15 4:45-5 pm SU/S/SP/JR dynamic warm up or classroom 5-7 pm SU/S/SP/JR 6:45-7 pm SHS dynamic warm up 7-8:30 pm SHS/AG3/AG2/AG1	16 PRACTICE SHIFTED 1 HOUR EARLIER DUE TO AWAY HS MEET 4-5:30 pm JR/AG3/AG2 5:30-7:30 pm SU/S/SP/SHS	17 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	18 5:30-7 am SU/S/SP/SHS 5-6:30 pm AG3 5-7 pm JR 7-8:30 pm SU/S/SP/SHS	19 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	20 7-7:15 am SU/S/SP/JR dynamic warm up 7:15-9:15 am SU/S/SP/JR 9:15-10:30 am AG3/AG2/AG1 12:30-1:30 pm @ Yoga 626 13&Overs 2 pm College Zoom Meeting with Kevin Tyrrell All high schoolers

21 NE SWIMMING TOP TEN BANQUET	22 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	23 PRACTICE SHIFTED 1 HOUR EARLIER DUE TO NO SCHOOL AT AB 4-5:30 pm JR/AG3/AG2 5:30-7:30 pm SU/S/SP/SHS	24 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	25 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>	26 PRACTICE CHANGES DUE TO NANT MEET TRAVEL 4-5:30 pm SU/S/SP/SHS	27 NANT MEET TENTATIVE SU/S/SP/JR dynamic warm up 7:15-9:15 am SU/S/SP/JR
28	29 PRACTICE SHIFTED EARLIER DUE TO AB EARLY RELEASE 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	30 5-6:30 pm JR/AG3/AG2 6:30-8:30 pm SU/S/SP/SHS				