

Amherst TigerSharks

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 NO PRACTICE	2 Black/ Teal 11am-12:30pm Orange/ White 12:30pm-1:30pm	3 Winter Sprinter @ East Aurora HS	4
5	6 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	7 White 6-6:45pm Orange 6-7pm Teal 6:30pm-8:30pm Black 6:45pm-9pm	8 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	9 Black 6:30pm-8pm <u>VARSITY HOME MEET</u>	10 Black/ Teal 11am-12:30pm Orange/ White 12:30pm-1:30pm	11
12 Teal 6-7:30pm Black 6:45-9pm	13 White 6:30-7:15pm Orange 6:30-7:30pm Teal 7:15-9pm Black 6:45-9pm <u>VARSITY HOME MEET</u>	14 White 6-6:45pm Orange 6-7pm Teal 6:30pm-8:30pm Black 6:45pm-9pm	15 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	16 Black 6:30pm-8pm <u>VARSITY HOME MEET</u>	17 Powerpoint Championships @ Webster	18 Powerpoint Championships @ Webster
19 Powerpoint Championships @ Webster	20 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	21 White 6-6:45pm Orange 6-7pm Teal 6:30pm-8:30pm Black 6:45pm-9pm Board Meeting 6:30pm Rm 106	22 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	23 Winter Challenge @ ECC Flickinger Center	24 Winter Challenge @ ECC Flickinger Center	25 Winter Challenge @ ECC Flickinger Center
26 Teal 6-7:30pm Black 6:45-9pm	27 White 6:45-7:15pm Orange 6:45-7:30pm Teal 7:30-9pm Black 6:45-9pm <u>VARSITY HOME MEET</u>	28 White 6-6:45pm Orange 6-7pm Teal 6:30pm-8:30pm Black 6:45pm-9pm	29 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	30 Black 6pm-7:30pm	31 Black/ Teal 10am-11:30am Orange/ White 11:30am-12:30pm	

- Notes

- Dryland

- Teal Wednesdays 6:30pm-7:15pm
 - Black Tues/Thurs 6:45pm-7:30pm