

# Amherst TigerSharks

# October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 White 6-6:45pm Orange 6-7pm Teal 6:30pm-8:30pm Black 6:45pm-9pm	2 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	3 Black 6pm-7:30pm	4 Black/ Teal 11am-12:30pm Orange/ White 12:30pm-1:30pm	5
6 Teal 6-7:30pm Black 6:45-9pm	7 White 6:30-7:15pm Orange 6:30-7:30pm Teal 7:30-9pm Black 6:45-9pm <u>VARSITY HOME MEET</u>	8 White 6-6:45pm Orange 6-7pm Teal 6:30pm-8:30pm Black 6:45pm-9pm	9 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	10 Black 6pm-7:30pm	11 Super STAR Series #1 (12 & unders) @ ECC  Black/ Teal 11am-12:30pm	12
13 NO PRACTICE - HOLIDAY	14 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	15 White 6-6:45pm Orange 6-7pm Teal 6:30pm-8:30pm Black 6:45pm-9pm	16 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	17 Black 6pm-7:30pm	18 Black/ Teal 10am-11:30am Orange/ White 11:30pm-12:30pm	19 HHSC Spooky Splash @ SUNY Fredonia (all swimmers)
20 Teal 6-7:30pm Black 6:45-9pm	21 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	22 White 6-6:45pm Orange 6-7pm Teal 6:30pm-8:30pm Black 6:45pm-9pm	23 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	24 Black 6pm-7:30pm	25 Black/ Teal 11am-12:30pm Orange/ White 12:30pm-1:30pm	26
27 Teal 6-7:30pm Black 6:45-9pm	28 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	29 White 6-6:45pm Orange 6-7pm Teal 6:30pm-8:30pm Black 6:45pm-9pm	30 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	31 NO PRACTICE - Happy Halloween		

- Notes

- Dryland

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