

Amherst TigerSharks

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Black/ Teal 11am-12:30pm Orange/ White 12:30pm-1:30pm	2
3 Teal 6-7:30pm Black 6:45-9pm	4 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	5 White 6-6:45pm Orange 6-7pm Teal 6:30pm-8:30pm Black 6:45pm-9pm	6 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	7 STAR Fall Classic @ ECC	8 STAR Fall Classic @ ECC	9 STAR Fall Classic @ ECC
10 NO PRACTICE – Pool Maintenance	11 NO PRACTICE - HOLIDAY	12 White 6-6:45pm Orange 6-7pm Teal 6:30pm-8:30pm Black 6:45pm-9pm	13 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	14 Black 6pm-7:30pm	15 Super STAR #2 @ ECC (12 & unders) Teal/Black Practice TBD	16
17 Teal 6-7:30pm Black 6:45-9pm	18 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	19 White 6-6:45pm Orange 6-7pm Teal 6:30pm-8:30pm Black 6:45pm-9pm	20 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	21 Black 6pm-7:30pm	22 Turkey Splash @ ECC	23
24 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	25 White 6-6:45pm Orange 6-7pm Teal 6:45pm-8:30pm Black 6:45pm-9pm	26 NO PRACTICE	27 NO PRACTICE	28 NO PRACTICE	29 NO PRACTICE	30

- Notes**

- Dryland

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