

January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>No practices</i>	2 D1 4:15-5:30 PM SR3 4:15-6:15 PM SR2 4:15-6:15 PM SR1 4:15-6:15 PM	3 SR2 8:15-10:15 AM SR1 8:15-10:15 AM
4	5 D3 4:15-4:45 PM D2 4:45-5:30 PM D1 4:15-5:30 PM SR3 6:15-7:45 PM SR2 6:15-8:15 PM SR1 6:15-8:15 PM	6 SR1 5:45-7:00 AM D2 4:45-5:30 PM D1 4:15-5:30 PM SR3 6:15-7:45 PM SR2 6:15-8:15 PM SR1 6:15-8:15 PM	7 D3 4:15-4:45 PM D2 4:45-5:30 PM D1 4:15-5:30 PM SR3 6:15-7:45 PM SR2 6:15-8:15 PM SR1 6:15-8:15 PM	8 SR1 5:45-7:00 AM D2 4:45-5:30 PM D1 4:15-5:30 PM SR3 6:15-7:45 PM SR2 6:15-8:15 PM SR1 6:15-8:15 PM	9 SR2 4:15-5:15 PM SR1 4:15-5:15 PM <u>New Year's Kick-off</u> Warm-ups 5:15 PM	10 SR2 8:15-9:45 AM SR1 8:15-9:45 AM <u>New Year's Kick-off</u> Warm-ups 1:00 PM
11	12 D3 4:15-4:45 PM D2 4:45-5:30 PM D1 4:15-5:30 PM SR3 6:15-7:45 PM SR2 6:15-8:15 PM SR1 6:15-8:15 PM	13 SR1 5:45-7:00 AM D2 4:45-5:30 PM D1 4:15-5:30 PM SR3 6:15-7:45 PM SR2 6:15-8:15 PM SR1 6:15-8:15 PM	14 D3 4:15-4:45 PM D2 4:45-5:30 PM D1 4:15-5:30 PM SR3 6:15-7:45 PM SR2 6:15-8:15 PM SR1 6:15-8:15 PM	15 SR1 5:45-7:00 AM D2 4:45-5:30 PM D1 4:15-5:30 PM SR3 6:15-7:45 PM SR2 6:15-8:15 PM SR1 6:15-8:15 PM	16 D1 4:15-5:30 PM SR3 4:15-6:15 PM SR2 4:15-6:15 PM SR1 4:15-6:15 PM	17 SR2 8:15-10:15 AM SR1 8:15-10:15 AM
18	19 D3 4:15-4:45 PM D2 4:45-5:30 PM D1 4:15-5:30 PM SR3 6:15-7:45 PM SR2 6:15-8:15 PM SR1 6:15-8:15 PM	20 SR1 5:45-7:00 AM D2 4:45-5:30 PM D1 4:15-5:30 PM SR3 6:15-7:45 PM SR2 6:15-8:15 PM SR1 6:15-8:15 PM	21 D3 4:15-4:45 PM D2 4:45-5:30 PM D1 4:15-5:30 PM SR3 6:15-7:45 PM SR2 6:15-8:15 PM SR1 6:15-8:15 PM	22 SR1 5:45-7:00 AM D2 4:45-5:30 PM D1 4:15-5:30 PM SR3 6:15-7:45 PM SR2 6:15-8:15 PM SR1 6:15-8:15 PM	23 D1 4:15-5:30 PM SR3 4:15-6:15 PM SR2 4:15-6:15 PM SR1 4:15-6:15 PM	24 SR2 8:15-10:15 AM SR1 8:15-10:15 AM
25 <u>SPDY Underdog Meet</u> Warm-ups TBD	26 D3 4:15-4:45 PM D2 4:45-5:30 PM D1 4:15-5:30 PM SR3 6:15-7:45 PM SR2 6:15-8:15 PM SR1 6:15-8:15 PM	27 SR1 5:45-7:00 AM D2 4:45-5:30 PM D1 4:15-5:30 PM SR3 6:15-7:45 PM SR2 6:15-8:15 PM SR1 6:15-8:15 PM	28 D3 4:15-4:45 PM D2 4:45-5:30 PM D1 4:15-5:30 PM SR3 6:15-7:45 PM SR2 6:15-8:15 PM SR1 6:15-8:15 PM	29 SR1 5:45-7:00 AM D2 4:45-5:30 PM D1 4:15-5:30 PM SR3 6:15-7:45 PM SR2 6:15-8:15 PM SR1 6:15-8:15 PM	30 D1 4:15-5:30 PM SR3 4:15-6:15 PM SR2 4:15-6:15 PM SR1 4:15-6:15 PM	31 SR2 8:15-10:15 AM SR1 8:15-10:15 AM