

2022

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
01	02	03	04	05	06	07	
08	09	10	11	12	13	14	
15	16	17	18	19	20	21	
22 Fall Session Begins All: 5:30-7:30 (Jump)	23 U14-20: 5:30-7 (Dryland)	24 All: 5:30-7:30 (Jump)	25 U10/12: 4:30-5:30 (NC) U14-20: 5:30-7:30 (Jump)	26 U14-20: 4-5:30 (NC)	27 U16-20: (NC OYO)	28	
29	30 U14-20: 5:30-7 (Dryland)	31 All: 5:30-7:30 (Jump)	01	02	03	04	
05	06	Notes:					

2022

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
29	30	31	01 U10/12: 4:30-5:30 (NC) U14-20: 5:30-7:30 (Jump)	02	03 U16-20: (NC OYO)	04	
05 Labor Day: No Practice	06 U14-20: 5:30-7 (Dryland)	07 All: 5:30-7:30 (Jump)	08 U10/12: 4:30-5:30 (NC) U14-20: 5:30-7:30 (Jump)	09 U14-20: 4-5:30 (NC)	10 U16-20: (NC OYO)	11	
12 All: 5:30-7:30 (Jump)	13 U14-20: 5:30-7 (Dryland)	14 All: 5:30-7:30 (Jump)	15 U10/12: 4:30-5:30 (NC) U14-20: 5:30-7:30 (Jump)	16 U14-20: 4-5:30 (NC)	17 U16-20: (NC OYO)	18 Competition: All hills & NC JNQ K65	
19 All: 5:30-7:30 (Jump)	20 U14-20: 5:30-7 (Dryland)	21 All: 5:30-7:30 (Jump)	22 U10/12: 4:30-5:30 (NC) U14-20: 5:30-7:30 (Jump)	23 U14-20: 4-5:30 (NC)	24 U16-20: (NC OYO)	25	
26 All: 5:30-7:30 (Jump)	27 U14-20: 5:30-7 (Dryland)	28 All: 5:30-7:30 (Jump)	29 U10/12: 4:30-5:30 (NC) U14-20: 5:30-7:30 (Jump)	30 U14-20: 4-5:30 (NC)	01	02	
03	04	Notes:					

2022

October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	01 U16-20: (NC OYO)	02
03 All: 5:30-7:30 (Jump)	04 U14-20: 5:30-7 (Dryland)	05 All: 5:30-7:30 (Jump)	06 U10/12: 4:30-5:30 (NC) U14-20: 5:30-7:30 (Jump)	07 U14-20: 4-5:30 (NC)	08 U16-20: (NC OYO)	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	01	Notes:				

2022

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	01	02	03	04
05	06	Notes:				

2022

December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	01
02	03	Notes:				

2023

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31	01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Notes:				

2023

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	01	02	03	04	05
06	07	Notes:				

2023

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	01	02
03	04	Notes:				

2023

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
01	02	Notes:				

2023

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	01	02	03	04
05	06	Notes:				

2023

June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	01	02
03	04	Notes:				

2023

July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	01	Notes:				