**September 2016**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 28 **Aug** | **29** **Aug** **Parent Mtg. 6:30**8:00-9:30pm | **30** **Aug Kalib**6:00-7:00 | **31 Ridley** 6:00-7:00 **$175 Fee Due** | **1** 7:00-8:30 | **2** 8pm warm up**Midnight Meet**Breakfast after | **3** |
| 4 | **5** **Labor Day** No Practice | **6** 6:00-7:00 | **7** 6:00-7:00 | **8** **Nathaniel**7:00-8:30 | **9** **Hayden**4-5 weights | **10** 7:30am vs. **BHS** |
| 11 **Averi** | **12**8:00-9:30 | **13**6:00-7:00 | **14**6:00-7:00 | **15**7:00-8:30 | **16 1pm start****Girls WY invite**4-5 boys weights | **17** **8:45am warm ups****Girls WY invite** **Rupert – Boys****7pm carpool** |
| 18  | **19**8:00-9:30 | **20 Rusten Shannon**6:00-7:00 | **21**6:00-7:00 | **22** 7:00-8:30 | **23** Homecoming Parade 3:30Tailgate 5pm | **24** 7:30am vs. **Hillcrest**  |
| **25**  | **26** 8:00-9:30 | **27** 6:00-7:00 | **28** 6:00-7:00 | **29** 7:00-8:30 | **30** **Coeur D’Alene****5pm warm up** | **1 Oct. CDA****11am warm up**BBQ |

**October 2016**

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 2 | **3** 8:00-9:30 | **4** 6:00-7:00 | **5** 6:00-7:00 | **6** 7:00-8:30 | **7 No School**AGY 9AM**$8** due 9/23Elevation Floating Fitness | **8** 7:30am vs. **Skyline** |
| 9 | **10** 8:00-9:30 | **11** 6:00-7:00 | **12** 6:00-7:00 | **13** 7:00-8:30 | **14 No School** AGY 9AM**$8** due 9/23Elevation Floating Fitness | **15** 7:30am vs. **IF**  |
| 16  | **17**8:00-9:30 | **18 Kenny Resa**6:00-7:00 | **19**6:00-7:00 | **20**7:00-8:30 | **21** 4-5 weights | **22 City/County**time TBD |
| 23 | **24** 8:00-9:30 | **25**6:00-7:00 | **26**6:00-7:00 | **27**7:00-8:30 | **28**4-5 weights | **29** 10am warm-up**Districts** @ AC |

**November 2016**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 30 Oct. | **31 Oct.**State only8:00-9:30 | **1 State only**6:00-7:00 | **2 State only**6:00-7:00 | **3** **No Practice** | **4 States** | **5**  **States** |

**Only students going to the state competition need to attend the November practices**

Monday: 8:00pm-9:30pm at the Aquatic Center (3 practice lanes)

**Blue** = Competition

**Maroon**=Birthday!

**Red** = Important Dates!

Tentative

Tuesday: 6:00pm-7:00pm at the Aquatic Center (3 practice lanes)

Wednesday: 6:00pm-7:00pm at the Aquatic Center (3 practice lanes)

Thursday: 7:00pm-8:30pm at the Aquatic Center (3 practice lanes)

Friday: 4:00pm-5:00pm Rigby High School Weight Room

Saturday: 7:30am at the Aquatic Center \*unless otherwise specified

October 7th and 14th is Anti-Gravity yoga at Elevations Floating Fitness Studio

$8 must be paid by September 23rd to Elsha Young to secure your spot

**Banquet will be on Wednesday, December 7th at 6pm in the RHS Commons**