**September 2016**

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| --- | --- | --- | --- | --- | --- | --- |
| 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 3:30  Tailgate 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 9/23  Elevation 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 9/23  Elevation 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**

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 30 Oct. | **31 Oct.**  State only  8:00-9:30 | **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**