

November 2026

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8 AM Practice for part of first week due to girls state practice in afternoon	9 Water 6-7AM	10 Water 6-7AM	11 Water 6-7AM	12 Water 3:15-5:15PM	13 Water 3:15-5:15PM	14 Practice 8-10 Water Team Brunch & Team Poster Pictures at Cassler's After Practice
15 AM Practices During the Week -Varsity Required PM Practices & Saturdays -Everyone Required	16 Water 6-7AM Water 3:15-5:30PM	17 Dryland 6-7AM Water 3:15-5:30PM Parent Meeting 6PM Multipurpose Room	18 Water 3:15-5:30PM	19 Dryland 6-7AM Water 3:15-5:30PM	20 Water 6-7AM Water 3:15-5:30PM	21 Dryland 8-8:45AM Water 9-10AM
22	23 Water 6-7AM Water 3:15-5:30PM	24 Dryland 6-7AM Black & Gold Intrasquad Meet 3:15-5:30PM	25 Water 8-10AM	26 HAPPY THANKSGIVING! 	27 Work Off the Turkey Day Dryland 8-10AM	28 Dryland 8-8:45AM Water 9-10AM
29	30 Water 6-7AM Water 3:15-5:30PM					

December 2026

SUN	MON	TUE	WED	THUR	FRI	SAT
		1 Dryland 6-7AM Water 3:15-5:30PM	2 Water 3:15-5:30PM	3 Dryland 6-7AM Away Meet @ Valley @ 5:30PM	4 Water 6-7AM Water 3:15-5:30PM	5 Away Meet @ Cougar Invite @ 10AM
6	7 Water 6-7AM Water 3:15-5:30PM	8 Dryland 6-7AM Water 3:15-5:30PM	9 Water 3:15-5:30PM	10 Dryland 6-7AM Water 3:15-5:30PM	11 Water 6-7AM Water 3:15-5:30PM	12 Away Meet @ Tiger Invite @ 11AM
13	14 Water 6-7AM Water 3:15-5:30PM	15 Water 6-7AM Away Meet @ Johnston @ 5:30PM	16 Water 3:15-5:30PM	17 Water 3:15-5:30PM	18 Water 3:15-5:30PM	19 Home Meet - Larry White Invite @ 11AM (Suit Up Meet)
20	21 Water 6-7AM Water 3:15-5:30PM	22 Home Meet vs Northwest @ 5:30PM (Pending. PM Practice if No Meet)	23 Water 8-10:30AM	24 Happy Holidays! 	25 Happy Holidays! 	26 Dryland 8-8:45AM Water 9-11AM
27 JV H.I.T. Week 1	28 Water 8-10:30AM	29 Dryland 8-8:45AM Water 9-11AM	30 Water 8-10:30AM	31 Dryland 8-8:45AM Water 9-11AM		

January 2027

SUN	MON	TUE	WED	THUR	FRI	SAT
					1 Happy New Year! 	2 Away Meet @ Ken Gaeth Invite @ 11AM
3 JV H.I.T. Week 2	4 Water 6-7AM Water 3:15-5:30PM	5 Dryland 6-7AM Water 3:15-5:30PM	6 Water 3:15-5:30PM	7 Dryland 6-7AM Home Meet vs Waukee @ 5:30PM	8 Water 6-7AM Water 3:15-5:30PM	9 Away Meet @ Johnston Invite @ 11AM
10 JV Taper Week 1 Varsity 2 H.I.T. Week 1	11 Water 6-7AM (No JV) Water 3:15-5:30PM	12 Water 6-7AM Away Meet vs Dowling @ 5:30PM	13 Water 3:15-5:30PM	14 Water 6-7AM Home Meet vs Ankeny - Senior Night @ 5:30PM	15 Water 6-7AM (No JV) Water 3:15-5:30PM	16 Water 8-10AM
17 JV Taper Week 2 Varsity 2 H.I.T. Week 2 Varsity 1 H.I.T. Week 1	18 Water 6-7AM (No JV) Water 3:15-5:30PM	19 Water 6-7AM (No JV) Water 3:15-5:30PM	20 Water 3:15-5:30PM Conference Team Dinner	21 Water 6-7AM Away Meet @ JV Conference Meet @ Waukee Nat @ 5:30PM JV Season Done	22 Water 6-7AM Water 3:15-5:30PM	23 Away Meet @ Varsity Conference Meet @ Waukee Nat @ 10AM
24 Varsity 2 Taper Week 1 Varsity 1 H.I.T. Week 2	25 Water 6-7AM (Varsity 1 Only) Water 3:15-5:30PM	26 Water 6-7AM (Varsity 1 Only) Water 3:15-5:30PM	27 Water 3:15-5:30PM	28 Water 6-7AM (Varsity 1 Only) Water 3:15-5:30PM	29 Water 6-7AM (Varsity 1 Only) Water 3:15-5:30PM	30 Water 8-10AM

February 2027

SUN	MON	TUE	WED	THUR	FRI	SAT
31 Varsity 2 Taper Week 2 Varsity 1 Taper Week 1	1 Water 3:15-5:15PM	2 Water 3:15-5:15PM	3 Water 3:15-5:15PM	4 Water 3:15-4:5:15PM	5 Water 3:15-4:45PM District Team Dinner	6 IHSAA District Meet @ TBD
7 Water 11AM-1PM Varsity 1 Taper Week 2 State Team Only	8 Water 3:15-4:45PM	9 Water 3:15-4:45PM	10 Water 3:15-4:30PM	11 Water 3:15-4PM State Team Dinner	12 IHSAA State Meet @ U of I	13 IHSAA State Meet @ U of I
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						