

SEPTEMBER

/ 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	¹ A Day 6-8:30am	2
					Football game 6 pm	
3	⁴ No Practice	5	⁶ A day 6-8:30am	7	⁸ A day 6-8:30am	9
	Labor Day		Practice 6:30-9pm	Practice 5-9pm		
10	11	¹² A day 6-8:30am	13	¹⁴ A day 6-8:30am	15	16
			Practice 6:30-9pm	Practice 5-9pm	Participation & Banquet fee due	
17	¹⁸ A day 6-8:30am	19	²⁰ A day 6-8:30am	²¹ Homecoming practice 6-7:15 am	²² A day 6-8:30am	²³
			Practice 6:30-9pm	Practice 5-9pm	Spirit bowl assembly Homecoming Game	
24	25	²⁶ A day 6-8:30am	27	²⁸ A day 6-8:30am	²⁹ Team fees & transportation fee due	30
			Practice 6:30-9pm	Practice 5-9pm		

OCTOBER

/ 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 A day 6-8:30am	3	4 A day 6-8:30am Practice 6:30-9pm	5 Practice 5-9pm	6 No School	7
8	9 A day 6-8:30am Sir Knight Rehearsal 6pm-9pm	10	11 A day 6-8:30am Sir Knight 5:30-9PM	12 Practice 5-9pm	13 A day 6-8:30am Potential football halftime	14 Practice 7-11am Sadies Dance
15	16 Nationals deposit due	17 A day 6-8:30am	18 Practice 6:30-9pm	19	Fall Break - NO PRACTICE	
22	23	24 A day 6-8:30am	25 Practice 6:30-9pm	26 A day 6-8:30am Practice 5-9pm	27	28 Practice 7-11am
29	30 A day 6-8:30am	31	1 A day 6-8:30am Practice 6:30-9pm	2 Practice 5-9pm	3 A day 6-8:30am	4 Practice 7-11am

NOVEMBER

/ 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 A day 6-8:30am Practice 6:30-9pm	2 Practice 5-9pm	3 A day 6-8:30am	4 Practice 7-11am
5	6	7 A day 6-8:30am	8 Practice 6:30-9pm	9 A day 6-8:30am Practice 5-9pm	10	11 Practice 7-11am
12	13 A day 6-8:30am	14	15 A day 6-8:30am Competition Routine Review 6 pm	16 Practice 5-9pm	17 A day 6-8:30am	18 Practice 7-11am
19	20	21 A day 6-8:30am	22	23 Thanksgiving break -	24 NO PRACTICE	25
26	27	28 A day 6-8:30am	29 Practice 6:30-9pm	30 A day 6-8:30am Practice 5-9pm	1 Pasta Party 6pm	2 Competition Herriman HS Time TBD

DECEMBER

/ 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29 Practice 6:30-9pm	30	1 Pasta Party 6pm	2 Competition Herriman HS Time TBD
3	4 A day 6-8:30am	5	6 A day 6-8:30am Practice 6:30-9pm	7 Practice 5-9pm	8 A day 6-8:30am	9 Practice 7-11am
10	11	12 A day 6-8:30am	13 Practice 6:30-9pm	14 A day 6-8:30am Practice 5-9pm	15 Pasta Party 6pm	16 Competition UCCU Center Time TBD
17	18 A day 6-8:30am	19	20 A day 6-8:30am Practice 6:30-9pm	21	22	23
Christmas break - NO PRACTICE						
24	25	26	27	28 Practice 7-11am	29 Practice 7-11am	30 Practice 7-11am
Christmas break - NO PRACTICE						
31	1 Christmas break - NO PRACTICE	2	3 Practice 7-11am	4 Practice 7-11am	5 Practice 7-11am Pasta Party 6pm	6 Competition Bountiful HS Time TBD

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JANUARY

/ 24

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 Christmas break - NO PRACTICE	2	3 Practice 7-11am Practice 6:30-9pm	4 Practice 7-11am	5 Practice 7-11am Pasta Party 6pm	6 Competition Bountiful HS Time TBD
7	8 A day 6-8:30am	9	10 A day 6-8:30am Practice 6:30-9pm	11 Practice 5-9pm	12 A day 6-8:30am	13
14	15 Region Floor Time American Fork HS Time TBD	16 Region Banquet 6:30 pm	17 A day 6-8:30am Region Competition American Fork HS	18 Practice 5-9pm	19 A day 6-8:30am	20
21	22	23 A day 6-8:30am	24 Practice 6:30-9pm	25 A day 6-8:30am Practice 5-9pm	26	27 Practice 7-11am
28	29 State Quarterfinals UCCU Center Time TBD	30 State Semifinals UCCU Center Time TBD	31 A day 6-8:30am Practice 6:30-9pm	1 Practice 5-9pm	2 State Finals UCCU Center Morning Block	3
4	5	6	7	8	9 Nationals	10



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 State Semifinals UCCU Center Time TBD	2 State Finals UCCU Center Time TBD	3
4	5	6 A day 6-8:30am	7	8	9	10
Nationals						
11	12	13 A day 7:30-8:30am	14 Practice 6:30-9pm	15 A day 7:30-8:30am End of Year Showcase 7-9:30pm	16	17
18	19	20	21	22	23	24
25	26	27	28	29	1	2
3	4	5	6	7	8	9

