

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 7am-11am
12	¹³ A day 6-8:30am	14	¹⁵ A day 6-8:30am Competition Routine Review 7:30pm	16 Alumni Preview Practice 5-9pm	¹⁷ A day 6-8:30am	¹⁸ Practice 11am-3pm
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 9am-5pm
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	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 Practice 6am-9am
14	15 Region Floor Time American Fork HS 7am - Noon	16 Region Banquet 6:30 pm	17 A day 6-8:30am Region Competition AF @ 4pm	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
28	29	30 State Quarterfinals UCCU Center Time TBD	31 Practice 6:30-9pm	1 State Semifinals UCCU Center Time TBD	2 State Finals UCCU Center Morning Block	3



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	15 A day 7:30-8:30am End of Year Showcase 7:30pm	16	17
Practice 6:30-9pm						
18	19	20	21	22	23	24
25	26	27	28	29	1	2
3	4	5	6	7	8	9

