

# JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Summer Practices are at West Plains Outdoor Pool	26 Practice 6-8 pm	27 Practice 6-8 pm	28 Practice 6-8 pm	29 Practice 6-8 pm	30 Practice 7-9 am	

# JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 WP Dead Week →
2	3	4	5	6	7	8 →
9 →	10 Practice 6-8 pm	11 Practice 6-8 pm	12 Practice 6-8 pm	13 Practice 6-8 pm	14 Practice 7-9 am	15
16	17 Practice 6-8 pm	18 Practice 6-8 pm	19 Practice 6-8 pm	20 Practice 6-8 pm	21 Practice 7-9 am	22
23	24 Practice 6-8 pm	25 Practice 6-8 pm	26 Practice 6-8 pm	27 Practice 6-8 pm	28	29
30	31 Fall Sports No-Contact					

# AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Fall Sports No-Contact	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b> Practices will be at West Plains Outdoor Pool →	<b>7</b> Boys Season Begins Practice 6-8 pm	<b>8</b> Practice 6-8 pm	<b>9</b> Practice 6-8 pm	<b>10</b> Practice 6-8 pm	<b>11</b> Practice 6-8 pm	<b>12</b> Practice 9-11 am
<b>13</b>	<b>14</b> Practice 6-8 pm	<b>15</b> Practice 6-8 pm	<b>16</b> Practice 6-8 pm	<b>17</b> Practice 6-8 pm	<b>18</b> Practice 6-8 pm	<b>19</b> Practice 9-11 am
<b>20</b>	<b>21</b> Practice 3:15-5:15 pm Or 4-6 pm	<b>22</b> Practice 3:15-5:15 pm Or 4-6 pm	<b>23</b> Practice 3:15-5:15 pm Or 4-6 pm	<b>24</b> Practice 3:15-5:15 pm Or 4-6 pm	<b>25</b> Practice 3:15-5:15 pm Or 4-6 pm	<b>26</b> Zizzer Invitational
<b>27</b> All Practices move to Civic Center	<b>28</b> Practice 3:15-5:15 pm or 4-6 pm	<b>29</b> Practice 6-7:30 am All Relays in Springfield	<b>30</b> Practice 3:15-5:15 pm or 4-6 pm	<b>31</b> Practice 6-7:30 am Meet @Seymour		

# SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> Practice 3:15-5:15 pm or 4-6 pm	<b>2</b> Practice 8-10 am
<b>3</b>	<b>4</b> No Practice. Civic Center is closed.	<b>5</b> Practice 6-7:30 am Meet @Carthage	<b>6</b> Practice 3:15-5:15 pm	<b>7</b> Practice 3:15-5:15 pm	<b>8</b> Practice 3:15-5:15 pm	<b>9</b> Ozarks Invitational @Springfield
<b>10</b>	<b>11</b> Practice 3:15-5:15 pm	<b>12</b> Practice 3:15-5:15 pm	<b>13</b> Practice 3:15-5:15 pm	<b>14</b> Practice 6-7:30 am Home Meet	<b>15</b> Practice 6-7:30 am Homecoming	<b>16</b> Practice 8-10 am
<b>17</b>	<b>18</b> Practice 3:15-5:15 pm	<b>19</b> Practice 6-7:30 am Meet @Webb City	<b>20</b> Practice 3:15-5:15 pm	<b>21</b> Practice 3:15-5:15 pm	<b>22</b> Practice 3:15-5:15 pm	<b>23</b> Monett Invitational @Monett
<b>24</b>	<b>25</b> Practice 3:15-5:15 pm	<b>26</b> Practice 3:15-5:15 pm	<b>27</b> Practice 3:15-5:15 pm	<b>28</b> Practice 3:15-5:15 pm	<b>29</b> COMO Invitational @Columbia	<b>30</b> COMO Invitational @Columbia

# OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> Practice 3:15-5:15 pm	<b>3</b> Practice 3:15-5:15 pm	<b>4</b> Practice 3:15-5:15 pm	<b>5</b> Practice 3:15-5:15 pm	<b>6</b> Practice 6-7:30 am @Springfield	<b>7</b> Practice 8-10 am
<b>8</b>	<b>9</b> Practice 3:15-5:15 pm	<b>10</b> Practice 6-7:30 am Meet @Poplar Bluff	<b>11</b> Practice 3:15-5:15 pm	<b>12</b> Practice 3:15-5:15 pm	<b>13</b> Practice 3:15-5:15 pm	<b>14</b> Practice 8-10 am
<b>15</b>	<b>16</b> Ozark Conference Championships @Springfield	<b>17</b> Practice 3:15-5:15 pm	<b>18</b> Practice 3:15-5:15 pm	<b>19</b> Practice 3:15-5:15 pm	<b>20</b> Practice 1-3 pm	<b>21</b> Springfield Invitational @Springfield
<b>22</b>	<b>23</b> Practice 3:15-5:15 pm	<b>24</b> Practice 3:15-5:15 pm	<b>25</b> Practice 3:15-5:15 pm	<b>26</b> Practice 3:15-5:15 pm	<b>27</b> Southwest Missouri Championships @ Springfield	<b>28</b> Southwest Missouri Championships @ Springfield
<b>29</b>	<b>30</b> Practice 3:15-5:15 pm	<b>31</b> Practice 3:15-5:15 pm Last Chance (if necessary)				

# NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> Practice 3:15-5:15 pm	<b>2</b> Practice 3:15-5:15 pm	<b>3</b> Practice 3:15-5:15 pm	<b>4</b>
<b>5</b>	<b>6</b> Practice 3:15-5:15 pm	<b>7</b> Practice 3:15-5:15 pm	<b>8</b> Practice 1:30-2:30 pm	<b>9</b> MSHSAA State Championships @St. Peters	<b>10</b> MSHSAA State Championships @St. Peters	<b>11</b>