

JUNE/JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	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					

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6 Practice 3:15-5:15 pm	7 Practice 3:15-5:15 pm	8 Practice 3:15-5:15 pm	9 Practice 3:15-5:15 pm	10 Practice 3:15-5:15 pm	11 Practice 8-10 am
12	13 Practice 1-3 pm	14 Practice 3:15-5:15 pm	15 Practice 3:15-5:15 pm	16 Practice 3:15-5:15 pm	17 Practice 3:15-5:15 pm	18 Practice 8-10 am
19	20 Practice 1-3 pm	21 Practice 1-3 pm	22 Practice 6-8:30 am	23	24	25
26	27 Practice 3:15-5:15 pm	28 Practice 3:15-5:15 pm	29 Practice 3:15-5:15 pm	30 Practice 6-7:30 am @All-Relays Springfield		

DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Practice 3:15-5:15 pm	2 Practice 8-10 am
3	4 Practice 3:15-5:15 pm	5 Practice 6-7:30 am Home Meet	6 Practice 3:15-5:15 pm	7 Practice 3:15-5:15 pm	8 Practice 6-7:30 am @Springfield	9 Practice 8-10 am
10	11 Practice 3:15-5:15 pm	12 Practice 3:15-5:15 pm	13 Practice 3:15-5:15 pm	14 Practice 3:15-5:15 pm	15 Practice 3:15-5:15 pm	16 Monett Invite
17	18 Practice 3:15-5:15 pm	19 Practice 3:15-5:15 pm	20 Practice 1-3 pm	21 Carthage Iron Woman Pentathlon	22 Practice 1-3 pm	23 Practice 8-10:30 am (10 if Waves are practicing.)
24	25	26 Practice 1-3 pm	27 Practice 1-3 pm	28 @Webb City	29 Practice 1-3 pm	30 Practice 8-10 am
31						

JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Practice 1-3 pm (if open)	2 Practice 6-8 am @ Seymour	3 Practice 3:15-5:15 pm	4 Practice 3:15-5:15 pm	5 Practice 3:15-5:15 pm	6 Ozarks Invite
7	8 Practice 3:15-5:15 pm	9 Practice 6-7:30 am @ Poplar Bluff	10 Practice 3:15-5:15 pm	11 Practice 3:15-5:15 pm	12 Practice 3:15-5:15 pm	13 Lady Zizzer Invitational
14	15 Practice 1-3 pm	16 Practice 3:15-5:15 pm	17 Practice 3:15-5:15 pm	18 Practice 3:15-5:15 pm	19 COMO Invite	20 COMO Invite
21	22 OC Championships	23 Practice 3:15-5:15 pm	24 Practice 3:15-5:15 pm	25 Practice 3:15-5:15 pm	26 Practice 3:15-5:15 pm	27 Springfield Invite
28	29 Practice 3:15-5:15 pm	30 Practice 3:15-5:15 pm	31 Practice 3:15-5:15 pm			

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Practice 3:15-5:15 pm	2 SWMO Championships	3 SWMO Championships
4	5 Practice 3:15-5:15 pm	6 Practice 3:15-5:15 pm Last Chance Meet (if necessary)	7 Practice 3:15-5:15 pm	8 Practice 3:15-5:15 pm	9 Practice 3:15-5:15 pm	10 Practice 8-10 am
11	12 Practice 3:15-5:15 pm	13 Practice 3:15-5:15 pm	14 Practice 1:30-2:30 pm	15 State Championships	16 State Championships	17