

July 2024:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Holiday	5	6
7	8 12-1 Ethos workout	9	10 Home Routine Choreo 10-?	11 Home Routine Choreo 10-?	12 Practice home routine 5-9	13 Practice home routine 10-?
14 Practice home routine 9-3 TeamParty to follow at Vitkay	15 UDA Camp Meet at NHS at 6:00am	16 UDA Camp	17 UDA Camp	18 UDA Camp Arrive at NHS around 5/6pm	19	20
21	22 12-1 Ethos workout	23	24 8-9 Morning workout	25	26	27
28	29 12-1 Ethos workout	30	31 8-9 Morning workout			

August 2024:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 12-1 Ethos workout	6 Doug Choreo	7 Doug Choreo	8 Doug Choreo	9 Doug Choreo	10
11	12 Practice 9-12 12-1 Ethos workout	13 8-9 Morning workout Practice 9-11	14 College Showcase	15 Ricky Choreo	16 Ricky Choreo	17 Tribe 99 at NHS 9:00-5:30
18 Tribe 99 at NHS 9:00-12:30	19 12-1 Ethos workout	20	21 Team Pictures at NHS 3:45pm Payton HH Choreo 4-?	22 Payton HH Choreo	23 8-9 Morning workout	24
25	26 Practice 10-12 12-1 Ethos workout	27	28 9-10 Morning workout Practice 10-12	29 Kids Clinic Football Game at 7:00	30	31

September 2024:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 School Starts Practice 2:30-5:30	4	5	6 Practice 2:30-5:00	7
8	9	10 Practice 2:30-5:30	11	12	13 Practice 2:30-5:00 Football Game at 7:00	14
15	16	17 Practice 2:30-5:30	18	19	20 Practice 2:30-5:00	21
22 Practice 6:00-8:00	23	24 Practice 2:30-5:30	25	26	27 Homecoming Pep Rally, Parade, Team Dinner, Game	28
29	30					

October 2024:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice 2:30-5:30	2	3	4 Practice 2:30-6:00	5
6	7	8 Practice 2:30-5:30	9	10	11 Practice 2:30-6:00	12
13 Practice 6:00-9:00	14	15 Practice 2:30-5:30	16	17	18 Football game 7:00 Practice 2:30-6:00	19
20	21	22 Practice 2:30-5:30	23	24	25 Practice 2:30-6:00	26
27 Practice 6:00-9:00	28	29 Practice 2:30-5:30	30	31 Halloween		

November 2024:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Practice 2:30-6:00	2
3 Practice 6:00-9:00	4 Possible NO SCHOOL Cleaner TBD 9:00am-2:30pm	5 NO SCHOOL Cleaner TBD 9:00am-5:30pm	6	7	8 2:30-8:00 Extended Practice MS Performance & Team Dinner	9 UDA Comp
10	11	12 Practice 2:30-5:30	13	14	15 Practice 2:30-6:00	16
17	28	29 Practice 2:30-5:30	20	21	22 Practice 2:30-6:00	23
24 Practice 6:00-9:00	25	26 Practice 2:30-5:30	27	28 Thanksgiving	29 No Practice	30

December 2024:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Practice 2:30-5:30	4	5	6 Practice 2:30-6:00	7 Practice 10:00-2:00 Holiday Party to follow
8 Reaction Comp	9	10 Practice 2:30-5:30	11	12	13 Practice 2:30-6:00	14
15 Practice 6-9	16	17 Practice 2:30-5:30	18	19	20 Practice 2:30-6:00	21 Winter Break Starts
22 Practice 6-9	23	24	25	26	27	28
29	30	31				

January 2025:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Practice 4:00-9:00pm	3 Practice 8:00-12:00 Leave for Chicago. Be at hotel by 7:00pm Chicago time	4 Chicagoland Comp
5	6 Back to School	7 Practice 2:30-5:30	8	9	10 Practice 2:30-7:00	11 College Send Off
12 UMich Send Off Meet in AA	13	14 Practice 2:30-5:30	15	16	17 College UDA Coaches Gone (NO Practice)	18 College UDA Coaches Gone
19 College UDA Coaches Gone	20 MLK No School	21 Practice 2:30-5:30	22 Half Day Practice 10:45-2:30	23 Half Day Practice 10:45-2:30	24 Half Day Practice 10:45-6:00	25 Practice 10:00-?
26 Practice 10:00-? Send off Performance	27 Practice 2:30-5:00	28 Practice 2:30-5:00	29 Leave for UDA Nationals	30 UDA Nationals	31 UDA Nationals	

February 2025:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 UDA Nationals
2 UDA Nationals	3 UDA Nationals	4	5	6	7 Practice 2:30-6:00	8
9	10	11 Practice 2:30-5:30	12	13	14 Kids Clinic followed by Showcase 6:00pm	15
16 Banquet 6:00pm	17	18	19	20	21	22
23	24	25	26	27	28	