

July 2024:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Holiday	5	6
7	8 12-1 Ethos workout	9	10	11	12	13 Team dinner Restaurant/time TBD
14 Team party 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 Jazz Choreo 11-3 (NHS annex)	6 Practice at Drive 11-1	7 Jazz Choreo 11-3 (NHS annex)	8	9	10
11	12 12-1 Ethos workout	13 8-9 Morning workout	14 Jazz Choreo Finish & clean 11-3 blocked (NHS aux)	15	16	17 Tribe 99 at NHS 9:00-5:30
18 Tribe 99 at NHS 9:00-12:30	19 12-1 Ethos workout hip hop Choreo 9-2:30pm (NHS aux)	20 hip hop Choreo 9-4pm (NHS aux)	21 Team Pictures at NHS 3:45pm	22 Practice Drive 10:00am-12:00	23 8-9 Morning workout	24
25	26 12-1 Ethos workout	27	28 9-10 Morning workout Practice 5-7:30 (NHS main gym)	29 Kids Clinic Football Game at 7:00 (helping with clinic performance)	30	31

September 2024:

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

October 2024:

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

November 2024:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Practice TBD	2
3 Practice 6-8pm Sarah L.	4 Possible NO SCHOOL	5 NO SCHOOL Practice 3:00-6:00	6	7	8 2:30-8:00 Extended Practice MS Performance & Team Dinner	9 UDA Comp
10	11	12 Practice 3:00-5:30	13	14	15 Practice 3:00-6:00	16
17 Practice 2:00-5:00	18	19 Practice 3:00-5:30 with Alison	20	21	22 Practice 3:00-6:00	23
24 Practice 5:00-8:00	25	26 Practice 3:00-5:30	27	28 Thanksgiving	29 No Practice	30

December 2024:

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

January 2025:

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