December 2019 – www.hwsadolphins.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	**2** Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30 Grp 4: 7:00 – 9:15 Elite: 7:00 – 9:15	**3** Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30 Grp 4: 7:00 – 9:15 Elite: 7:00 – 9:15	**4** Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30 Grp 4: 7:00 – 9:15 Elite: 7:00 – 9:15	**5** **Dual Meet** **OFSA @ HWSA** **at Stagg H.S.** **W-Ups: 5:45** **Starts: 6:30**	**6** Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30 Grp 4: 7:00 – 9:15 Elite: 7:00 – 9:15	**7** **HOSC USS Meet** AM Session: 9-10, 11-12 W-Ups: 7:00a Starts: 8:00a PM Session: 8&Un, 13&Ov W-Ups: 11:30a Starts: 12:30p
8 **HOSC USS Meet** AM Session: 9-10, 11-12 W-Ups: 7:00a Starts: 8:00a PM Session: 8&Un, 13&Ov W-Ups: 11:30a Starts: 12:30p	**9** Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30 Grp 4: 7:00 – 9:15 Elite: 7:00 – 9:15	**10** Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30 Grp 4: 7:00 – 9:15 Elite: 7:00 – 9:15	**11** Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30 Grp 4: 7:00 – 9:15 Elite: 7:00 – 9:15	**12** Stagg Boys H.S. Home Meet @ 5:00 Grp 3: 7:30 – 9:00 Grp 4: 7:30 – 9:30 Elite: 7:30 – 9:30	**13** Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30 Grp 4: 7:00 – 9:15 Elite: 7:00 – 9:15	**14** Elite: 9:00a – 11:15a Grp 4: 9:00a – 11:15a Grp 3: 11:00a – 12:30p Grp 2: 11:15a – 12:30p Grp 1: 12:00p – 12:45p
15	**16** Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30 Grp 4: 7:00 – 9:15 Elite: 7:00 – 9:15	**17** ***Elite: 4:15 – 6:30*** Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30 Grp 4: 7:00 – 9:15	**18 (Stagg Finals)** ***Elite: 4:15 – 6:30*** Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30 Grp 4: 7:00 – 9:15	**19 (Stagg Finals)** **HWSA Holiday Party** **6:30p – 8:30p** 	**20 (Stagg Finals)** ***Elite: 4:15 – 6:30*** ***Grp 4: 4:15 – 6:30*** Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30	**21** Elite: 9:00a – 11:15a Grp 4: 9:00a – 11:15a Grp 3: 11:00a – 12:30p Grp 2: 11:15a – 12:30p Grp 1: 12:00p – 12:45p
22	**23** ***Elite: 4:00 – 6:15*** ***Grp 4: 4:00 – 6:15*** Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30	**24** Elite: 10:15a – 12:30p Grp 4: 10:15a – 12:30p Grp 3: 10:15a – 12:15	**25 Merry Christmas** 	**26** ***Elite: 4:00 – 6:15*** ***Grp 4: 4:00 – 6:15*** Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30	**27** ***Elite: 4:00 – 6:15*** ***Grp 4: 4:00 – 6:15*** Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30	**28** Elite: 11:00a – 1:15p Grp 4: 11:00a – 1:15p Grp 3: 1:00p – 2:30p Grp 2: 1:15p – 2:30p Grp 1: 1:15p – 2:00p
29	**30** ***Elite: 4:00 – 6:15*** ***Grp 4: 4:00 – 6:15*** Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30	**31** Elite: 10:15a – 12:30p Grp 4: 10:15a – 12:30p Grp 3: 10:15a – 12:15p Grp 2: 10:15a – 12:15p Grp 1: 11:45a – 12:30p	**Jan 1** **Happy New Year** No Practices, Stagg Closed	**Jan 2** ***Elite: 4:00 – 6:15*** ***Grp 4: 4:00 – 6:15*** Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30	**Jan 3** **HWSA USS Meet** **@ Stagg H.S.** **W-Ups: 4:00p** **Starts: 5:00p**	**Jan 4** **HWSA USS Meet** **AM Session** (10&Un.) W-Ups: 7:00a **Mid Session** (11-12) W-Ups: 10:45a **PM Session** (13&Ov.) W-Ups: 1:30p