

January 2022 – HWSA Dolphins – www.hwsadolphins.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Happy New Year No Practices 
2	3 Elite: 3:45 – 6:00 Grp 4: 3:45 – 6:00 Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30	4 Elite: 11:00a – 1:30p Grp 4: 11:00a – 1:30p Stagg HS Boys Home Meet Grp 1: 7:30 – 8:15 Grp 2: 7:30 – 8:45 Grp 3: 7:30 – 9:00	5 Elite: 3:45 – 6:00 Grp 4: 3:45 – 6:00 Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30	6 Stagg HS Boys Home Meet G1/G2: No Practice G3: 7:30p – 9:00p G4: 7:30p – 9:15p Elite: 7:30p – 9:15p	7 HWSA Winter Splash @ Stagg H.S. Warm-Ups: 4:00p Meet Starts: 5:00p	8 HWSA Winter Splash AM Session (10&Unders) Warm-Ups: 6:30a MID Session (11-12) Warm-Ups: 11:00a PM Session (13&Overs) Warm-Ups: 2:30p
9 HWSA Winter Splash AM Session (10&Un.) Warm-Ups: 6:30a MID Session (11-12) Warm-Ups: 11:00a PM Session (13&Ov) Warm-Ups: 2:30p	10 No Practices Day of Rest for HWSA families	11 G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	12 G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	13 G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	14 G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	15 Elite: 10:30a – 1:00p G4: 10:30a – 1:00p G3: 12:45p – 2:15p G2: 1:00p – 2:15p G1: 1:30p – 2:15p
16	17 MLK Day Elite: 3:45 – 6:00 Grp 4: 3:45 – 6:00 Grp 1: 6:00 – 6:45 Grp 2: 6:30 – 7:45 Grp 3: 6:00 – 7:30	18 G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	19 G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	20 Stagg HS Boys Home Meet G1/G2: No Practice G3: 7:30p – 9:00p G4: 7:30p – 9:15p Elite: 7:30p – 9:15p	21 G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	22 HWSA Distance Meet @ Stagg H.S. Warm-Ups: 7:00a Meet Starts: 8:00a
23	24 G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	25 NAC @ HWSA Dual Meet @ Stagg H.S. Warm-ups: 5:45p Meet Starts: 6:30p	26 G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	27 G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p	28 G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p Munster USS Meet W-Ups: 5:00p	29 Elite: 10:30a – 1:00p Munster USS Meet AM Session (11-12) W-Ups: 8:00a PM Session (13 & Overs) W-Ups: 12:00p
30 Munster USS Meet AM Session (10&Un) W-Ups: 8:00a PM Session (8&Un) W-Ups: 12:00p	31 G1: 6:00p – 6:45p G2: 6:30p – 7:45p G3: 6:00p – 7:30p G4: 7:00p – 9:15p Elite: 7:00p – 9:15p					