



September 2024
High Performance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
LABOUR DAY	OFF	OFF	OFF	OFF	OFF	OFF
8	9	10	11	12	13	14
OFF	OFF		OFF		OFF	
15	16	4:30 6:00pm HP	7:00 - 9:00pm DW	4:30 - 6:00pm JTP	4:30 - 6:30pm JTP	21
8:30 - 10:30am MAC	5:45 - 7:30am HP		OFF		6:00-7:30am MAC	
Amber Session		4:30 6:00pm HP	7:00 - 9:00pm DW	4:30 - 6:00pm JTP	4:30 - 6:30pm JTP	
22	23	24	25	26	27	28
8:30 - 10:30am MAC	5:45 - 7:30am HP		5:45-7:30am HP		6:00-7:30am MAC	
		4:30 6:00pm HP	7:00 - 9:00pm DW	4:30 - 6:00pm JTP	4:30 - 6:30pm JTP	
29	30	Mark Your Calendar!				
8:30 - 10:30am MAC	5:45 - 7:30am HP	Uniform Orders due by September 25th - See website for online order form Thanksgiving weekend - Monday October 14th OFF Hall of Fame Meet - October 19/20 HAC AGM - October 23				