

September 2025

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
1		2		3		4		5		6		7	
Senior AM 7:00 - 9:00 AM		Senior Dryland 6:00 - 6:45				Senior Dryland 6:00 - 6:45							
Black Group 7:00 - 9:00 AM		Fundamentals 3:40 - 4:20				Fundamentals 3:40 - 4:20		Seniors 4:30 - 6:30		Seniors 8:00 - 10:00a			
		Dawgs (Development Group) 4:30 - 5:10		Dawgs (Development Group) 4:30 - 5:10		Dawgs (Development Group) 4:30 - 5:10		Black Group: 4:30 - 6:15		Black 8:00 - 10:00a			
		Dawgs (Performance Group) 5:10 - 5:50		Dawgs (Performance Group) 5:10 - 5:50		Dawgs (Performance Group) 5:10 - 5:50		Red Group: 4:30 - 6:00		Red Group 8:00 - 9:30a			
		White Group: 6:00 - 7:15		White Group: 6:00 - 7:15		White Group: 6:00 - 7:15				White Group: 10:00 - 11:30a			
		OHS PRACTICE 4:00 - 5:30				OHS PRACTICE 4:00 - 5:30							
		Red Group 4:30 - 5:50		Red Group 4:30 - 5:50		Red Group 4:30 - 5:50							
		Black Group 6:00 - 7:45		Black Group 6:00 - 7:45		Black Group 6:00 - 7:45							
		Seniors 5:15 - 7:45		Seniors 5:15 - 7:45		Seniors 5:15 - 7:45							
8		9		10		11		12		13		14	
Senior AM Swim 5:30 - 6:45am		Senior Dryland 6:00 - 6:45				Senior Dryland 6:00 - 6:45							
		Fundamentals 3:40 - 4:20				Fundamentals 3:40 - 4:20		Seniors 4:30 - 6:30		Seniors 8:00 - 10:00a			
Dawgs (Development Group) 4:30 - 5:10		Dawgs (Development Group) 4:30 - 5:10		Dawgs (Development Group) 4:30 - 5:10		Dawgs (Development Group) 4:30 - 5:10		Black Group: 4:30 - 6:15		Black 8:00 - 10:00a			
Dawgs (Performance Group) 5:10 - 5:50		Dawgs (Performance Group) 5:10 - 5:50		Dawgs (Performance Group) 5:10 - 5:50		Dawgs (Performance Group) 5:10 - 5:50		Red Group: 4:30 - 6:00		Red Group 8:00 - 9:30a			
White Group: 6:00 - 7:15		White Group: 6:00 - 7:15		White Group: 6:00 - 7:15		White Group: 6:00 - 7:15				White Group: 10:00 - 11:30a			
		OHS PRACTICE 4:00 - 5:30				OHS PRACTICE 4:00 - 5:30							
Red Group 4:30 - 5:50		Red Group 4:30 - 5:50		Red Group 4:30 - 5:50		Red Group 4:30 - 5:50							
Black Group 6:00 - 7:45		Black Group 6:00 - 7:45		Black Group 6:00 - 7:45		Black Group 6:00 - 7:45							
Seniors 5:15 - 7:45		Seniors 5:15 - 7:45		Seniors 5:15 - 7:45		Seniors 5:15 - 7:45							
15		16		17		18		19		20		21	
Senior AM Swim 5:30 - 6:45am		Senior Dryland 6:00 - 6:45				Senior Dryland 6:00 - 6:45				Opelika Fall Invite			
		Fundamentals 3:40 - 4:20				Fundamentals 3:40 - 4:20		Seniors 4:30 - 6:30					
Dawgs (Development Group) 4:30 - 5:10		Dawgs (Development Group) 4:30 - 5:10		Dawgs (Development Group) 4:30 - 5:10		Dawgs (Development Group) 4:30 - 5:10		Black Group: 4:30 - 6:15					
Dawgs (Performance Group) 5:10 - 5:50		Dawgs (Performance Group) 5:10 - 5:50		Dawgs (Performance Group) 5:10 - 5:50		Dawgs (Performance Group) 5:10 - 5:50		Red Group: 4:30 - 6:00					
White Group: 6:00 - 7:15		White Group: 6:00 - 7:15		White Group: 6:00 - 7:15		White Group: 6:00 - 7:15							
		OHS PRACTICE 4:00 - 5:30				OHS PRACTICE 4:00 - 5:30							
Red Group 4:30 - 5:50		Red Group 4:30 - 5:50		Red Group 4:30 - 5:50		Red Group 4:30 - 5:50							
Black Group 6:00 - 7:45		Black Group 6:00 - 7:45		Black Group 6:00 - 7:45		Black Group 6:00 - 7:45							
Seniors 5:15 - 7:45		Seniors 5:15 - 7:45		Seniors 5:15 - 7:45		Seniors 5:15 - 7:45							
22		23		24		25		26		27		28	
Senior AM Swim 5:30 - 6:45am		Senior Dryland 6:00 - 6:45				Senior Dryland 6:00 - 6:45							
		Fundamentals 3:40 - 4:20				Fundamentals 3:40 - 4:20		Seniors 4:30 - 6:30		Seniors 8:00 - 10:00a			
Dawgs (Development Group) 4:30 - 5:10		Dawgs (Development Group) 4:30 - 5:10		Dawgs (Development Group) 4:30 - 5:10		Dawgs (Development Group) 4:30 - 5:10		Black Group: 4:30 - 6:15		Black 8:00 - 10:00a			
Dawgs (Performance Group) 5:10 - 5:50		Dawgs (Performance Group) 5:10 - 5:50		Dawgs (Performance Group) 5:10 - 5:50		Dawgs (Performance Group) 5:10 - 5:50		Red Group: 4:30 - 6:00		Red Group 8:00 - 9:30a			
White Group: 6:00 - 7:15		White Group: 6:00 - 7:15		White Group: 6:00 - 7:15		White Group: 6:00 - 7:15				White Group: 10:00 - 11:30a			
		OHS PRACTICE 4:00 - 5:30				OHS PRACTICE 4:00 - 5:30							
Red Group 4:30 - 5:50		Red Group 4:30 - 5:50		Red Group 4:30 - 5:50		Red Group 4:30 - 5:50							
Black Group 6:00 - 7:45		Black Group 6:00 - 7:45		Black Group 6:00 - 7:45		Black Group 6:00 - 7:45							
Seniors 5:15 - 7:45		Seniors 5:15 - 7:45		Seniors 5:15 - 7:45		Seniors 5:15 - 7:45							
29		30		1		2		3		4		5	
Senior AM Swim 5:30 - 6:45am		Senior Dryland 6:00 - 6:45				Senior Dryland 6:00 - 6:45		Auburn Invite					
		Fundamentals 3:40 - 4:20				Fundamentals 3:40 - 4:20							
Dawgs (Development Group) 4:30 - 5:10		Dawgs (Development Group) 4:30 - 5:10		Dawgs (Development Group) 4:30 - 5:10		Dawgs (Development Group) 4:30 - 5:10							
Dawgs (Performance Group) 5:10 - 5:50		Dawgs (Performance Group) 5:10 - 5:50		Dawgs (Performance Group) 5:10 - 5:50		Dawgs (Performance Group) 5:10 - 5:50							
White Group: 6:00 - 7:15		White Group: 6:00 - 7:15		White Group: 6:00 - 7:15		White Group: 6:00 - 7:15							
		OHS PRACTICE 4:00 - 5:30				OHS PRACTICE 4:00 - 5:30							
Red Group 4:30 - 5:50		Red Group 4:30 - 5:50		Red Group 4:30 - 5:50		Red Group 4:30 - 5:50							
Black Group 6:00 - 7:45		Black Group 6:00 - 7:45		Black Group 6:00 - 7:45		Black Group 6:00 - 7:45							
Seniors 5:15 - 7:45		Seniors 5:15 - 7:45		Seniors 5:15 - 7:45		Seniors 5:15 - 7:45							