



2023-2024 MINNESOTA STATE HIGH SCHOOL LEAGUE

GIRLS/ BOYS SEASON WEEKLY VOLUNTARY DIVES

GIRLS	DIVE	BOYS
8/14 - 8/19	Practice	11/27 - 12/2
8/21 - 8/26	Practice	12/4 - 12/9
8/28 - 9/2	Forward Group	12/11 - 12/16
9/4 - 9/9	Back Group	12/18 - 12/23
9/11 - 9/16	Inward Group	12/25 - 12/30
9/18 - 9/23	Twisting Group	1/1 - 1/6
9/25 - 9/30	Reverse Group	1/8 - 1/13
10/2 - 10/7	Forward Group	1/15 - 1/20
10/9 - 10/14	Back Group	1/22 - 1/27
10/16 - 10/21	Inward Group	1/29 - 2/3
10/23 - 10/28	Twisting Group	2/5 - 2/10
10/30 - 11/4	Reverse Group	2/12 - 2/17