

2022-2023

GIRLS/ BOYS SEASON WEEKLY VOLUNTARY DIVES

GIRLS	DIVE	BOYS
8/15 - 8/20	Practice	11/28 - 12/3
8/22 - 8/27	Practice	12/5 - 12/10
8/29 - 9/3	Forward Group	12/12 - 12/17
9/5 - 9/10	Back Group	12/19 - 12/24
9/12 - 9/17	Inward Group	12/26 - 12/31
9/19 - 9/24	Twisting Group	1/2 - 1/7
9/26 - 10/1	Reverse Group	1/9 - 1/14
10/3 - 10/8	Forward Group	1/16 - 1/21
10/10 - 10/15	Back Group	1/23 - 1/28
10/17 - 10/22	Inward Group	1/30 - 2/4
10/24 - 10/29	Twisting Group	2/6 - 2/11
10/31 - 11/5	Reverse Group	2/13 - 2/18