


# September

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 First Day of School in Rush-Henrietta	4	5	6	7
No Practice This Week 						
8	9 Fall Practice Groups Begin	10	11	12	13	14
15	16	17	18	19	20	21 RH/HFL Varsity Meet 6:30
22	23	24	25	26	27	28 RH/HFL Varsity Meet 6:30
29	30	<b>Bronze:</b> M/W/Th 6:00-8:00 choose minimum 2: Julia Kate London Kayla Anabel Penelope Rylee P Gia Lillian Ellie Gabby Madison Emily		<b>Silver:</b> M/W/Th 5:00-7:30 choose minimum 2: Harper Hanna Lorelai Moriah Aliyana Emma D. Bella Makenzie		<b>Gold &amp; Platinum:</b> M/W/F 5:00-8:00 all 3 required (optional 4 <sup>th</sup> day to be added after Varsity season) Maura Addie Mikayla Lyla Lily Zoe Zoe Leah M