

September

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-----------------------|---|--------------------------|---|---------------------------------|--|
| 5 | 6 Happy Labor Day! | 7 Fall Special Starts! 5:45-7:15 | 8 No Practice | 9 5:45-7:15 <i>Fall Special Parent Meeting @ 6 pm</i> | 10 5:00-6:30 | 11 |
| 12 | 13 5 - 6:30 pm | 14 5:45-7:15 <i>CNSA Entries Due</i> | 15 No Practice | 16 5:45-7:15 | 17 5 - 6:30 pm | 18 |
| 19 | 20 5 - 6:30 pm | 21 5:45-7:15 | 22 5 - 6:30 pm | 23 5:45-7:15 | 24 No Practice | 25 |
| 26 CNSA Freestyle Fest @ Coronado High School | 27 5 - 6:30 pm | 28 5:45-7:15 | 29 No Practice | 30 5:45-7:15 | October 1 5 - 6:30 pm | 2 October Meets: 9- HSA Senior Meet 23-24- WSST ABC |
| 3 | 4 5 - 6:30 pm | 5 5:45-7:15 | 6 5 - 6:30 pm | 7 5:45-7:15 <i>WSST Entries Due</i> | 8 No Practice | 9 HSA Senior Meet We are looking for donations and volunteers! |
| 11 | 12 5 - 6:30 pm | 13 5:45-7:15 | 14 No Practice | 15 5:45-7:15 | 16 5:00-6:30 | 17 |

All practices are held at El Cajon Valley High School unless otherwise noted. All practices are subject to change.
 Questions? Email your coaches at heartlandjuniorgold@gmail.com