

# October



# 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01 <i>Off Season 4 - 6pm</i>	02	03 <i>Off Season 4 - 6pm</i>	04
05	06 Stingrays Pool 4 - 6pm	07 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	08 Stingrays Pool 4 - 6pm	09 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	10 <b>NO PRACTICE</b> <i>(Chx. Homecoming)</i>	11
12	13 Stingrays Pool 4 - 6pm	14 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	15 Stingrays Pool 4 - 6pm	16 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	17 Stingrays Pool 4 - 6pm	18
19	20 Stingrays Pool 4 - 6pm	21 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	22 Stingrays Pool 4 - 6pm	23 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	24 Stingrays Pool 4 - 6pm	25
26	27 Stingrays Pool 4 - 6pm	28 Stingrays Pool 4 - 6pm	29 Stingrays Pool 4 - 6pm	30 Stingrays Pool 4 - 6pm	31 <b>NO PRACTICE</b> <i>Halloween</i>	01

# November



# 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
02	03 Stingrays Pool 4 - 6pm	04 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	05 Stingrays Pool 4 - 6pm	06 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	07 Stingrays Pool 4 - 6pm	08
09	10 Stingrays Pool 4 - 6pm	11 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	12 Stingrays Pool 4 - 6pm <b>RACE SIGN UP</b>	13 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm <i>Coach Meg Gone*</i>	14 Stingrays Pool 4 - 6pm <i>Coach Meg Gone*</i>	15
16	17 Stingrays Pool 4 - 6pm	18 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	19 Stingrays Pool 4 - 6pm	20 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	21 Stingrays Pool 4 - 6pm <i>*Optional Practice w/ Written Workouts*</i>	22 <i>MEET @ OSCODA</i>
23	24 Stingrays Pool 4 - 6pm	25 Stingrays Pool 4 - 6pm	26 Stingrays Pool 4 - 6pm <b>RACE SIGN UP</b>	27 <b>POOL CLOSED ALL DAY NO PRACTICE</b>	28 <b>NO PRACTICE</b>	29

# December



# 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	01 Stingrays Pool 4 - 6pm	02 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	03 Stingrays Pool 4 - 6pm	04 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	05 Stingrays Pool 4 - 6pm <b>RACE SIGN UP</b>	06 <i>Winter Invitational @ GAYLORD</i>
07	08 Stingrays Pool 4 - 6pm	09 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	10 Stingrays Pool 4 - 6pm	11 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	12 Stingrays Pool 4 - 6pm <i>*Optional Practice w/ Written Workouts*</i>	13 <i>Midland Dolphins Invitational @ MIDLAND</i>

# December



# 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15 Stingrays Pool 4 - 6pm	16 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	17 Stingrays Pool 4 - 6pm	18 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	19 Stingrays Pool 4 - 6pm	20
21	22 Stingrays Pool 4 - 6pm	23 Stingrays Pool 4 - 6pm	24 POOL CLOSED ALL DAY NO PRACTICE	25 POOL CLOSED ALL DAY NO PRACTICE	26 NO PRACTICE	27
28	29 Stingrays Pool 4 - 6pm	30 Stingrays Pool 4 - 6pm RACE SIGN UP	31 POOL CLOSED ALL DAY NO PRACTICE	01 POOL CLOSED ALL DAY NO PRACTICE	02 NO PRACTICE	03

# January



# 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
04	05 Stingrays Pool 4 - 6pm	06 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	07 Stingrays Pool 4 - 6pm	08 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm RACE SIGN UP	09 Stingrays Pool 4 - 6pm *Optional Practice w/ Written Workouts*	10 Rudyard Invitational @ RUDYARD
11	12 Stingrays Pool 4 - 6pm	13 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	14 Stingrays Pool 4 - 6pm	15 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	16 Stingrays Pool 4 - 6pm	17 Winterblast @ HARBOR SPRINGS
18	19 Stingrays Pool 4 - 6pm	20 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	21 Stingrays Pool 4 - 6pm	22 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	23 Stingrays Pool 4 - 6pm RACE SIGN UP	24
25	26 Stingrays Pool 4 - 6pm	27 Stingrays Pool 4 - 6pm	28 Stingrays Pool 4 - 6pm	29 Stingrays Pool 4 - 6pm RACE SIGN UP	30 Stingrays Pool 4 - 6pm *Optional Practice w/ Written Workouts*	31 MEET @ ST.JOHNS OR North Novice Championship @ HARBOR SPRINGS *Subject to Change*

# February



# 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02 Stingrays Pool 4 - 6pm	03 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	04 Stingrays Pool 4 - 6pm	05 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	06 Stingrays Pool 4 - 6pm	07 STINGRAYS FUN MEET WITH PARENTS!
08	09 Stingrays Pool 4 - 6pm	10 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	11 Stingrays Pool 4 - 6pm	12 Stingrays Dryland 4 - 4:30pm Pool 4:30 - 6pm	13 Stingrays Pool 4 - 6pm	14
15 MTSL State Championship Meet (If Qualified) @ Saginaw Valley State University	16 NO PRACTICE (Unless USA)	17 NO PRACTICE (Unless USA)	18 NO PRACTICE (Unless USA)	19 NO PRACTICE (Unless USA)	20 NO PRACTICE (Unless USA)	21
22	23 Off Season 4 - 6pm	24	25 Off Season 4 - 6pm	26	27 Off Season 4 - 6pm	28