

# Central MN Aquatics

Sartell Middle School (SMS): Main Entrance // Sartell High School (SHS): Main Entrance

# September Practice Calendar

Updated 9/7/26

|    | Mon                                                                                                                                                                                                                                                                                                                   | Tues                                                                                                                                                                                                                                                                             | Wed                                                                                                                                                                                                                 | Thur                                                                                                                                                                                                                                                      | Fri                                                                                                                                                                                                                       |                                  |
|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| 6  | <b>7</b><br><b>No Practice, Labor Day</b>                                                                                                                                                                                                                                                                             | <b>8 First day of Practice</b><br><b>SMS:</b><br>PP: 5:45-6:30<br>LS: 5:45-6:45<br>RS: 6:45-8:00<br>QS: 6:30-8:00<br><br><b>Apollo (Door 11):</b><br>AP:<br>Dryland 5:45-6:15<br>Pool 6:15-8:00<br><br><b>Sr+: 6:15-8:15</b>                                                     | <b>9</b><br><b>SMS:</b><br>PP: 5:45-6:30<br>LS: 5:45-6:45<br>RS: 6:45-8:00<br>QS: Dryland 6:00-6:30<br>Pool 6:30-8:00<br><br><b>SHS:</b><br>AP: 6:30-8:15<br><b>Sr+: 6:30-8:30</b>                                  | <b>10</b><br><b>SMS:</b><br>PP: 5:45-6:30<br>LS: 5:45-6:45<br>RS: 6:45-8:00<br>QS: 6:30-8:00<br><br><b>SHS:</b><br>AP:<br>Dryland 6:00-6:30<br>Pool 6:30-8:15<br><br><b>Sr+: 6:30-8:30</b>                                                                | <b>11</b><br><b>SMS:</b><br>PP: No Practice<br>LS: No Practice<br>RS: 5:45-7:15<br>QS: 5:45-7:15<br><b>AP:</b> 5:45-7:15<br><br><b>SHS:</b><br><b>Sr+: 6:30-8:30</b>                                                      | 12                               |
| 13 | <b>14</b><br><b>SMS:</b><br>PP: No practice<br>LS: No practice<br>RS: 6:45-8:00<br>QS: No Dryland<br>Pool 6:30-8:00<br><br>* <b>Sartell MS Meet</b><br>PP & LS Practices Cancelled<br><br><b>SHS:</b><br>AP: 6:30-8:15<br><b>Sr+: 6:30-8:30</b><br><br><b>Chomp A:</b><br>6:30-7:15 pm @ SHS (Location & Time Change) | <b>15</b><br><b>SMS:</b><br><b>Chomp B:</b><br>5:45-6:30<br>PP: 5:45-6:30<br>LS: 5:45-6:45<br>RS: 6:45-8:00<br>QS: 6:30-8:00<br><br><b>SHS:</b><br>AP: No Practice<br><b>Sr+: No Practice</b><br><br>Sartell, Apollo, Tech, & Sauk Rapids all have Girl's Swim & Dive home meets | <b>16</b><br><b>SMS:</b><br><b>Chomp A:</b><br>5:45-6:30<br>PP: 5:45-6:30<br>LS: 5:45-6:45<br>RS: 6:45-8:00<br>QS: Dryland 6:00-6:30<br>Pool 6:30-8:00<br><br><b>SHS:</b><br>AP: 6:30-8:15<br><b>Sr+: 6:30-8:30</b> | <b>17</b><br><b>SMS:</b><br><b>Chomp B:</b><br>5:45-6:30<br>PP: 5:45-6:30<br>LS: 5:45-6:45<br>RS: 6:45-8:00<br>QS: 6:30-8:00<br><br><b>SHS:</b><br>AP:<br>Dryland 6:00-6:30<br>Pool 6:30-8:15<br><br><b>Sr+: 6:30-8:30</b>                                | <b>18</b><br><b>SMS:</b><br>PP: 5:45-6:30<br>LS: 5:45-6:45<br>RS: 5:45-7:15<br>QS: 5:45-7:15<br><b>AP:</b> 5:45-7:15<br><br><b>SHS:</b><br><b>Sr+: 6:30-8:30</b><br><br>* <b>Make Up Practice offered for PP &amp; LS</b> | 19                               |
| 20 | <b>21</b><br><b>SMS:</b><br><b>Team Intersquad Meet</b><br><br>Open to & Encouraged for ALL CMA Shark Athletes!<br><br><b>SHS:</b><br>AP: No Practice<br><b>Sr+: 6:30-8:30</b>                                                                                                                                        | <b>22</b><br><b>SMS:</b><br><b>Chomp B:</b><br>5:45-6:30<br>PP: 5:45-6:30<br>LS: 5:45-6:45<br>RS: 6:45-8:00<br>QS: 6:30-8:00<br><br><b>SHS:</b><br>AP:<br>Dryland 6:00-6:30<br>Pool 6:30-8:15<br><br><b>Sr+: 6:30-8:30</b>                                                       | <b>23</b><br><b>SMS:</b><br><b>Chomp A:</b><br>5:45-6:30<br>PP: 5:45-6:30<br>LS: 5:45-6:45<br>RS: 6:45-8:00<br>QS: Dryland 6:00-6:30<br>Pool 6:30-8:00<br><br><b>SHS:</b><br>AP: 6:30-8:15<br><b>Sr+: 6:30-8:30</b> | <b>24</b><br><b>SMS:</b><br><b>Chomp B:</b><br>5:45-6:30<br>PP: 5:45-6:30<br>LS: 5:45-6:45<br>RS: 6:45-8:00<br>QS: 6:30-8:00<br><br><b>Apollo (No Locker rooms available):</b><br>AP:<br>Dryland 6:00-6:30<br>Pool 6:30-8:15<br><br><b>Sr+: 6:30-8:30</b> | <b>25</b><br><b>SMS:</b><br><b>Chomp A:</b><br>5:45-6:30 (make up)<br>PP: No Practice<br>LS: No Practice<br>RS: 5:45-7:15<br>QS: 5:45-7:15<br><b>AP:</b> 5:45-7:15<br><br><b>SHS:</b><br><b>Sr+: 6:30-8:30</b>            | <b>26</b><br><b>AQJTs Invite</b> |
| 27 | <b>28</b><br><b>SMS:</b><br><b>Chomp A:</b><br>5:45-6:30<br>PP: 5:45-6:30<br>LS: 5:45-6:45<br>RS: 6:45-8:00<br>QS: Dryland 6:00-6:30<br>Pool 6:30-8:00<br><br><b>SHS:</b><br>AP: 6:30-8:15<br><b>Sr+: 6:30-8:30</b>                                                                                                   | <b>29</b><br><b>SMS:</b><br><b>Chomp B:</b><br>5:45-6:30<br>PP: 5:45-6:30<br>LS: 5:45-6:45<br>RS: 6:45-8:00<br>QS: 6:30-8:00<br><br><b>SHS:</b><br>AP:<br>Dryland 6:00-6:30<br>Pool 6:30-8:15<br><br><b>Sr+: 6:30-8:30</b>                                                       | <b>30</b><br><b>SMS:</b><br><b>Chomp A:</b><br>5:45-6:30<br>PP: 5:45-6:30<br>LS: 5:45-6:45<br>RS: 6:45-8:00<br>QS: Dryland 6:00-6:30<br>Pool 6:30-8:00<br><br><b>SHS:</b><br>AP: 6:30-8:15<br><b>Sr+: 6:30-8:30</b> | <b>1</b><br><b>SMS:</b><br><b>Chomp B:</b><br>5:45-6:30<br>PP: 5:45-6:30<br>LS: 5:45-6:45<br>RS: 6:45-8:00<br>QS: 6:30-8:00<br><br><b>Apollo:</b><br>AP:<br>Dryland 6:00-6:30<br>Pool 6:30-8:15<br><br><b>Sr+: 6:30-8:30</b>                              | <b>2</b><br><b>CMA Home Meet</b><br><br><b>@ SHS</b>                                                                                                                                                                      | 3                                |