

## NOVA SYNCHRO YEAR-AT-A-GLANCE 2019-2020

**SEPTEMBER**    **\*\*All Competitive M/TH practices @ NAIT from Sept 5-12. Practices resume at Kinsmen on Sept 16\*\***

- 5        First practice & Competitive Registration Day @ NAIT, Beside Main Floor entrance to pool
- 14        **AAS Development Conference (NO PRACTICE-Coaches only)**
- 19        **Teams Announced**
- 19        **Parent, Travel & Meet & Greet Meeting (6:15-9:00 @ KSM-Kinette Room)**
- 21        **First Extra Routine practice**
- 24        **AquaGO Fall Session Starts @ TRC**

### OCTOBER

- 8        **Little AquaGO Fall Session Starts @ TRC**
- 14        NO PRACTICE – Thanksgiving (Practice shifted to Wednesday, Oct 16)
- 19        **Swim-a-thon - 8:30am-12:00pm @ UofA**
- 20        **Choreography Camp – Duets (9am-1pm @ UofA)**
- 24        Halloween Party (6:00-6:30pm @ KSM)

### NOVEMBER

- 3        **Choreography Camp – Teams (9am-1pm @ UofA)**
- 11        NO PRACTICE – Practice shifted to Wednesday, Nov 6
- 12        NO PRACTICE (ALL) – Competitive practice shifted to Mon, Nov 18
- 23        **Capital Region Figure Meet, Sherwood Park (Millennium Place)**

### DECEMBER

- 7        **Alberta Winter Games Trials (UofA)**
- 14        **Winter Watershow @ UofA (ALL)**
- 17        Bring-a-Friend – Little AquaGO & AquaGO

**Dec 20-Jan3**        Christmas Break

### JANUARY

- 4        First practice back
- 28        AquaGO & Little AquaGO Spring Session Starts @ TRC

### FEBRUARY

- 13        Valentine's Day Party (6:00-6:30pm @ KSM)
- 14-17    **Alberta Winter Games, Calgary (Shane Homes YMCA Rocky Ridge)**
- 15-17    NO PRACTICE – Family Day Weekend, Competitive practice shifted to Wed, Feb 19
- 27-1     **Wildrose Classic Qualifier, Edmonton (Kinsmen)**

### MARCH

- 2        NO PRACTICE – Competitive practice shifted to Wed, March 4
- 17        Last Practice/Mini Watershow for AquaGO & Little AquaGO
- 21        PRACTICE – Spring Break
- 22-28    NO PRACTICE – Spring Break

### APRIL

- 13        PRACTICE – Easter Monday
- 17-19    **Wildrose Classic, Lethbridge**

20 NO PRACTICE - Competitive practice shifted to Wed, April 22

**MAY**

**1-3 Canadian Prairie Championship, Winnipeg (Pan Am)**

**4-7 NO PRACTICE (ALL)**

**18-19 NO PRACTICE (ALL)**

**30 Year End Watershow @ UofA (ALL) – BBQ to Follow**

**Mandatory practices before competition:**

1. February 13<sup>th</sup> to 26<sup>7th</sup> - Wildrose Qualifier
2. April 2<sup>nd</sup> to April 16<sup>th</sup> - Wildrose Classic
3. April 21<sup>st</sup> to 30<sup>th</sup> - CPC