**GIRLS/ BOYS SEASON WEEKLY VOLUNTARY DIVES**

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| **GIRLS** | DIVE | **BOYS** |
| 8/12 – 8/17 | Practice | 12/2 – 12/7 |
| 8/19 – 8/24 | Practice | 12/9 – 12/14 |
| 8/26 – 8/31 | Forward Group | 12/16 – 12/21 |
| 9/2 – 9/7 | Back Group | 12/23 – 12/28 |
| 9/9 – 9/14 | Inward Group | 12/30 – 1/4 |
| 9/16 – 9/21 | Twisting Group | 1/6 – 1/11 |
| 9/23 – 9/28 | Reverse Group | 1/13 – 1/18 |
| 9/30 – 10/5 | Forward Group | 1/20 – 1/25 |
| 10/7 – 10/12 | Back Group | 1/27 – 2/1 |
| 10/14 – 10/19 | Inward Group | 2/3 – 2/8 |
| 10/21 – 10/26 | Twisting Group | 2/10 – 2/15 |
| 10/28 – 11/2 | Reverse Group | 2/17 – 2/22 |