



2024-2025 MINNESOTA STATE HIGH SCHOOL LEAGUE

GIRLS/ BOYS SEASON WEEKLY VOLUNTARY DIVES

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