

November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Phones are OFF LIMITS for duration of all practices/games unless specific use is requested by coach!	**Dress appropriately for EVERY practice inc. hair up; bring water AND poms!	**All practices in FH Court #3!	**Buses for away games depart from Mt. Holyoke parking lot! Girls MUST ride the bus to and from games!	*Mark your calendars: End of Season Celebration is March 8, 2026 in the PAC!		1 Lift time
2	3 VAR=330-500 JV=330-500 FR=330-500 Lifting: 500-545 ***Shoe Fitting!	4  Election Day=No School/No Practice!	5 VAR=330-530 JV=330-530 FR=330-530	6 VAR=330-500 JV=330-500 FR=330-500 **Lifting: 500-545	7 VAR=330-500 JV=330-500 FR=330-500	8
9	10 VAR=330-500 JV=330-500 FR=330-500 Lifting: 500-545	11  VAR=330-530 JV=330-530 FR=330-530	12 VAR=330-530 JV=330-530 FR=330-530	13 VAR=330-500 JV=330-500 FR=330-500 **Meet the Team @ 630 in PAC! **No Lifting!	14 VAR=330-500 JV=330-500 FR=330-500	15
16  **BBK Program Pictures in Competition Gym (details to follow)	17 VAR=330-500 JV=330-500 FR=330-500 Lifting: 500-545	18 VAR=330-530 JV=330-530 FR=330-530	19 VAR=330-530 JV=330-530 FR=330-530 Lifting:	20 VAR=330-500 JV=330-500 FR=330-500 Lifting: 500-545	21 VAR=330-500 JV=330-500 FR=330-500	22
23	24 VAR=330-500 JV=330-500 FR=330-500 Lifting: 500-545	25  VAR (H) vs. Marietta @ 700 JV (H) vs. Marietta @ 530	26 Thanksgiving Break=No Practice!	27 	28 Thanksgiving Break=No Practice!	29
30	***Once girls cheer their first game, they will have Wednesdays off for tumbling. So, teams will begin having tumbling days off on Weds, 12/3 & every Wednesday thereafter (unless a game is scheduled for that day). ***Lifting is a mandatory part of practice beginning on 11/3.					