



2025 - 26

DESIGNATED WEEKS

FOR

VOLUNTARY DIVES

Girls Season

Week 1	Aug. 18	Forward Group
Week 2	Aug. 25	Back Group
Week 3	Sept. 1	Inward Group
Week 4	Sept. 8	Twisting Group
Week 5	Sept. 15	Reverse Group
Week 6	Sept. 22	Forward Group
Week 7	Sept. 29	Back Group
Week 8	Oct. 6	Inward Group
Week 9	Oct. 13	Twisting Group
Week 10	Oct. 20	Reverse Group
Week 11	Oct. 27	Forward Group
Week 12	Nov. 3	Back Group

Boys Season

Week 1	Nov. 24	Forward
Week 2	Dec. 1	Back Group
Week 3	Dec. 8	Inward Group
Week 4	Dec. 15	Twisting Group
Week 5	Dec. 22	Reverse Group
Week 6	Dec. 29	Forward Group
Week 7	Jan. 5	Back Group
Week 8	Jan. 12	Inward Group
Week 9	Jan. 19	Twisting Group
Week 10	Jan. 26	Reverse Group
Week 11	Feb. 2	Forward Group
Week 12	Feb. 9	Back Group