



2023-24 DESIGNATED WEEKS FOR VOLUNTARY DIVES

GIRLS SEASON

Week 1	Aug 14	Forward Group
Week 2	Aug 21	Back Group
Week 3	Aug 28	Inward Group
Week 4	Sept 4	Twisting Group
Week 5	Sept 11	Reverse Group
Week 6	Sept 18	Forward Group
Week 7	Sept 25	Back Group
Week 8	Oct 2	Inward Group
Week 9	Oct 9	Twisting Group
Week 10	Oct 16	Reverse Group
Week 11	Oct 23	Forward Group
Week 12	Oct. 30	Back Group

BOYS SEASON

Week 1	Nov 20	Forward Group
Week 2	Nov 27	Back Group
Week 3	Dec 4	Inward Group
Week 4	Dec 11	Twisting Group
Week 5	Dec 18	Reverse Group
Week 6	Dec 25	Forward Group
Week 7	Jan 1	Back Group
Week 8	Jan 8	Inward Group
Week 9	Jan 15	Twisting Group
Week 10	Jan 22	Reverse Group
Week 11	Jan 29	Forward Group
Week 12	Feb 5	Back Group