

August 2026

S – Swim Practice

D – Dive Practice

L – Dryland (BCMS)

W – Weights (BHS)

SportsYou: Team Name: Buffalo Girls Swim and Dive Join Code: ACSS-JU54

Head Coach: Elisa Schaffer | 712-363-7449 | coachelisaschaffer@gmail.com**Assistant Coach:** Caitlin Hegle | 763-336-9280 | heglecaitlin@gmail.com**Dive Coach:** Shannon Barclay | 507-202-0960 | sbarclay@bhmschools.org **Dive Coach:** Corin Boese | 701-306-1129 | corinboese717@gmail.com**Captains:** Mallory Johnson | 763-401-2496 | Emily Larson | 763-233-2289

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Practice with a Purpose!					Medal Sponsorship Fundraiser DUE TOMORROW	
2	3	4	5	6	7	8
	Fall Sports Meeting at BHS TBD Paperwork DUE					
9	10	11	12	13	14	15
16	17	18	19	20	21	22
	First Day of Practice S/D/L: 4:15-6:15 pm	S/D/L: 4:15-6:15 pm	S/D/L: 4:15-6:15 pm	S/D/L: 4:15-6:15 pm	S/D/L: 4:15-6:15 pm	Zahler Pictures at 12:30 pm
23	24	25	26	27	28	29
	S/D/L: 4:15-6:15 pm Middle school open house	S/D/L: 4:15-6:15 pm	S/D/L: 4:15-6:15 pm High school open house	Purple vs. White Meet @5:00pm (on deck @3:30pm) Swim & Dive w/the Bison @6:30-7:30pm	S/D/L: 4:15-6:15 pm	Moorhead Meet Away @1:00pm D -
30	31					
	First Day of School S/D: 4-6:15pm			Captains Practice and Team Bonding TBD Summer practice times TBD (maybe afternoon) Medal Sponsorship Due Date TBD Fall Sports Meeting TBD Zahler TBD Purple vs. White TBD		