

November 2025

S – Swim Practice

D – Dive Practice

L – Dryland (BCMS)

W – Weights (BHS)

SportsYou: Team Name: Buffalo Girls Swim and Dive Join Code: ACSS-JU54 BGS&D Team Remind: Text “@2025bisong” to 81010

Head Coach: Jocelyn Woytke | 715-571-4601 | jwoytke@bhmschools.org **Assistant Coach:** Kendra Hartigan | 612-271-7640 | khartigan@bhmschools.org

Assistant Coach: John Crosland | 651-398-6980 | john.e.crosland@gmail.com **Assistant Coach:** Chris Kosek | 612-532-1475 | ckosek200@msn.com

Dive Coach: Shannon Barclay | 507-202-0960 | sbarclay@bhmschools.org **Dive Coach:** Corin Boese | 701-306-1129 | corinboese717@gmail.com

Captains: Adi Anderson | 763-325-3886 | Sam Greig | 612-358-6537

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<h2>Practice with a Purpose!</h2>						
2	3	4	5	6	7	8
	No School for MS S/D: 4-6:15pm	S/D: 4-6:15pm	S/D: 4-6:15pm	Pasta Dinner at BCMS @6:30pm S/D: 4-6:15pm	Early Release Sections Away at Brainerd @5:00pm D - TBD	Sections Away at Brainerd @4:00pm D - TBD
9	10	11	12	13	14	15
	State Participants S/D: 4-6:15pm	State Participants S/D: 4-6:15pm	State Participants S/D: 4-6:15pm	State Tournament TBD	State Tournament TBD	State Tournament TBD
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

