

November 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
1	2	3	4	5	6	7
	S/D: 4-6:15pm	S/D: 4-6:15pm	S/D: 4-6:15pm	S/D: 4-6:15pm	No School for MS S/D: 4-6:15pm	Saturday Practice TBD
8	9	10	11	12	13	14
	S/D: 4-6:15pm	S/D: 4-6:15pm	S/D: 4-6:15pm Pasta dinner	S/D: 4-6:15pm	Early Release Sections Away at Brainerd TBD D - TBD	Sections Away at Brainerd TBD D - TBD
15	16	17	18	19	20	21
	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
22	23	24	25	26	27	28
29	30					

Saturday Practice Time TBD

Pasta Dinner TBD

Release/Departure Times TBD

Sections and State TBD