



SEPTEMBER 2025



SILVER AND BLACK TUESDAY/THURSDAY AT THE ARC

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Red/Senior 4:30 - 6:30 Senior Dryland 4:30 - 5:15 Silver 1 - 5:00 - 5:45 ARC Silver 2 5:45 - 6:30 ARC Black 6:30 - 8:00 ARC	2 Red/Senior 4:30 - 6:30 Red Dryland 4:30 - 5:15 Pre-Team 5:30 - 6:30	3 Red/Senior 4:30 - 6:30 Silver 1 - 5:00 - 5:45 ARC Silver 2 5:45 - 6:30 ARC Black 6:30 - 8:00 ARC	4 Red/Senior 4:30 - 6:30 Senior Dryland 4:30-5:15 Red Dryland 5:45-6:30	5 Senior 7:00-9:00 AM Red 7:00-9:00 AM Silver 1 9:00-9:45 AM Silver 2 9:45-10:30 AM Black 9:00-10:30 AM
6	7 	8 Red/Senior 4:30 - 6:30 Senior Dryland 4:30 - 5:15 Silver 1 - 5:00 - 5:45 ARC Silver 2 5:45 - 6:30 ARC Black 6:30 - 8:00 ARC	9 Red/Senior 4:30 - 6:30 Red Dryland 4:30 - 5:15 Pre-Team 5:30 - 6:30	10 Red/Senior 4:30 - 6:30 Silver 1 - 5:00 - 5:45 ARC Silver 2 5:45 - 6:30 ARC Black 6:30 - 8:00 ARC	11 No Practice	12 No Practice
13	14 Red/Senior 4:30 - 6:30	15 Red/Senior 4:30 - 6:30 Senior Dryland 4:30 - 5:15 Silver 1 - 5:00 - 5:45 ARC Silver 2 5:45 - 6:30 ARC Black 6:30 - 8:00 ARC	16 Red/Senior 4:30 - 6:30 Red Dryland 4:30 - 5:15 Pre-Team 5:30 - 6:30	17 Red/Senior 4:30 - 6:30 Silver 1 - 5:00 - 5:45 ARC Silver 2 5:45 - 6:30 ARC Black 6:30 - 8:00 ARC	18 Red/Senior 4:30 - 6:30 Senior Dryland 4:30-5:15 Red Dryland 5:45-6:30	19 Senior 7:00-9:00 AM Red 7:00-9:00 AM Silver 1 9:00-9:45 AM Silver 2 9:45-10:30 AM Black 9:00-10:30 AM
20	21 Red/Senior 4:30 - 6:30	22 Red/Senior 4:30 - 6:30 Senior Dryland 4:30 - 5:15 Silver 1 - 5:00 - 5:45 ARC Silver 2 5:45 - 6:30 ARC Black 6:30 - 8:00 ARC	23 Red/Senior 4:30 - 6:30 Red Dryland 4:30 - 5:15 Pre-Team 5:30 - 6:30	24 Red/Senior 4:30 - 6:30 Silver 1 - 5:00 - 5:45 ARC Silver 2 5:45 - 6:30 ARC Black 6:30 - 8:00 ARC	25 Red/Senior 4:30 - 6:30 Senior Dryland 4:30-5:15 Red Dryland 5:45-6:30	26 Senior 7:00-9:00 AM Red 7:00-9:00 AM Silver 1 9:00-9:45 AM Silver 2 9:45-10:30 AM Black 9:00-10:30 AM
27	28 Red/Senior 4:30 - 6:30	29 Red/Senior 4:30 - 6:30 Senior Dryland 4:30 - 5:15 Silver 1 - 5:00 - 5:45 ARC Silver 2 5:45 - 6:30 ARC Black 6:30 - 8:00 ARC	30 Red/Senior 4:30 - 6:30 Red Dryland 4:30 - 5:15 Pre-Team 5:30 - 6:30	Be sure to visit the SRST booth at Slippery Rock's Village Fest September 12th!		