| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|---|---|
| May 30 | May 31 Memorial Day | June 1 Meet the Coaches @4pm Afternoon practice starts (per Sign-Up- Genius 4:30-7pm)) | June 2 | June 3 | June 4 | June 5 |
| June 6 | June 7 | June 8 | June 9 | June 10 | June 11 | June 12 |
| | | | | | PEP RALLY: BYO Dinner Meet the Coaches | 9am: Time Trials |
| June 13 | June 14 | June 15 | June 16 | June 17 | June 18 | June 19 |
| | | | 5-6:15pm: Team time trials makeup | | AM: Fun Friday | AWAY A Meet vs Norbeck Grove Theme: Hawaiian |
| June 20 | June 21 | June 22 | June 23 | June 24 | June 25 | June 26 |
| | Morning Practice | | | | AM: Fun Friday | НОМЕ |
| | Starts | | | Big Kid Dinner | PEP RALLY: TBD | A Meet vs Long Branch Theme: Color wars |
| June 27 | June 28 | June 29 | June 30 | July 1 | July 2 | July 3 |
| | | | Movie Night | | AM: Fun Friday | AWAY A Meet vs Hillandale Theme: Patriotic |
| July 4 | July 5 | July 6 | July 7 | July 8 | July 9 | July 10 |
| | | | AWAY B Meet at New Mark Commons | Team and Individual Photos (4:30 PM) | AM: Fun Friday PEP RALLY: Make your own Minions Cap! | AWAY A Meet vs Waters Landing Theme: Minions |
| July 11 | July 12 | July 13 | July 14 | July 15 | July 16 | July 17 |
| | Movie Night (rain date) | | AWAY B Meet at Washingtonian Woods | | AM: Fun Friday PEP RALLY: TBD | HOME A Meet vs Ashton Theme: Mission Impossible |
| | | | | | | Senior Lunch |
| July 18 Mini Meet @ 10am | July 19 Divisionals practice all week. | July 20 | July 21 | July 22 | July 23 AM: Fun Friday | July 24 Divisionals @ TBD Theme: Team colors |
| | | | | Big Kid Dinner | | Banquets/awards |
| July 25 | July 26 All-star practice | July 27 | July 28 | July 29 | July 30 | July 31 County Individual All-Star Meet |
| | all week. | | | | | |
| August 1 County Individual All- Star Meet | | | | | | |