



NSS Performance Squad Schedule

| Squad | Mon 6th | | Tues 7th | | Wed 8th | | Thurs 9th | | Fri 10th | | Sat 11th |
|---------|---------|-----|----------|----|---------|-----|-----------|----|----------|----|----------|
| | am | pm | am | pm | am | pm | am | pm | am | pm | am |
| Grizzly | 7:30-9 | 4-6 | 7:30-9 | - | 7:30-9 | 4-6 | 7:30-9 | - | 7:30-9 | - | 6-7:30 |
| | NAC | NAC | NAC | - | NAC | NAC | NAC | - | NAC | - | NAC |
| Polar | 7:30-9 | 4-6 | 7:30-9 | - | 7:30-9 | 4-6 | 7:30-9 | - | 7:30-9 | - | 6-7:30 |
| | NAC | NAC | NAC | - | NAC | NAC | NAC | - | NAC | - | NAC |

| Squad | Mon 13th | | Tues 14th | | Wed 15th | | Thurs 16th | | Fri 17th | | Sat 18th |
|---------|----------|-----|-----------|----|----------|-----|------------|----|----------|----|----------|
| | am | pm | am | pm | am | pm | am | pm | am | pm | am |
| Grizzly | 7:30-9 | 4-6 | 7:30-9 | - | 7:30-9 | 4-6 | 7:30-9 | - | 7:30-9 | - | 6-7:30 |
| | NAC | NAC | NAC | - | NAC | NAC | NAC | - | NAC | - | NAC |
| Polar | 7:30-9 | 4-6 | 7:30-9 | - | 7:30-9 | 4-6 | 7:30-9 | - | 7:30-9 | - | 6-7:30 |
| | NAC | NAC | NAC | - | NAC | NAC | NAC | - | NAC | - | NAC |

| Squad | Mon 20th | | Tues 21st | | Wed 22nd | | Thurs 23rd | |
|---------|----------|-----|-----------|----|----------|-----|------------|----|
| | am | pm | am | pm | am | pm | am | pm |
| Grizzly | 7:30-9 | 4-6 | 7:30-9 | - | 7:30-9 | 4-6 | 7:30-9 | - |
| | NAC | NAC | NAC | - | NAC | NAC | NAC | - |
| Polar | 7:30-9 | 4-6 | 7:30-9 | - | 7:30-9 | 4-6 | 7:30-9 | - |
| | NAC | NAC | NAC | - | NAC | NAC | NAC | - |

