

AUGUST

MID=MISSOURI HIGH STEPPERS CALENDAR

2026

| Sunday | Monday                                                                              | Tuesday | Wednesday | Thursday                                                     | Friday | Saturday                                                 |
|--------|-------------------------------------------------------------------------------------|---------|-----------|--------------------------------------------------------------|--------|----------------------------------------------------------|
| 26     | 27                                                                                  | 28      | 29        | 30                                                           |        | 1<br>PRACTICE<br>@ BOYS AND GIRLS CLUB<br>12:00PM-2:00PM |
| 2      | 3                                                                                   | 4       | 5         | 6<br>SHOWTIME<br>Heart of Missouri<br>United Way<br>@ 5:00PM | 7      | 8                                                        |
| 9      | 10                                                                                  | 11      | 12        | 13                                                           | 14     | 15                                                       |
| 16     | 17                                                                                  | 18      | 19        | 20                                                           | 21     | 22                                                       |
| 23     | 24                                                                                  | 25      | 26        | 27                                                           | 28     | 29                                                       |
| 30     | 31<br>PRACTICE<br>@ BOYS AND GIRLS CLUB<br>REGISTERED MEMBERS ONLY<br>4:30PM-6:15PM | 1       | 2         | 3                                                            | 4      | 5                                                        |

REMINDERS

- All members must learn and memorize the creed before they can further advance on the team!
- All parents must join the parent GroupMe chat!!!
- Arrive to practice in exercise/workout attire only. NO JEANS, dresses/skirts, sandals, crocs, etc. or you will be instructed to sit out during practice!

Notes:



The calendar is always subject to change. Please join the group chat and check the website & Facebook page often for updates!!

To join Mon/Wed practices, you must “register” with BGC. This does not mean they have to enroll and attend! We will provide registration link.

Contact:  
Mr. Ro 573-808-1736  
54rbarry@gmail.com

Website: [Missouri High Steppers \(mohighsteppers.com\)](http://mohighsteppers.com)  
[mohighsteppers@outlook.com](mailto:mohighsteppers@outlook.com)

Missouri High Steppers  
PO Box 365  
Columbia, MO 65201