

Cross Country

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22 Summer Conditioning @ NRMS 11-12:00	23	24	25
26	27	28 Summer Conditioning 11-12:00 @Brecksville Reservation	29	30		
		Notes: RUN ON YOUR OWN!!!!!! BUILD YOUR ENDURANCE!!!!				

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JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 Summer Conditioning 10-11:30 @ Rocky River Reservation Fort Hill Stairs	7	8	9
10	11	12 Summer Conditioning @Huntington Beach 11-12:30/1:00	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31		Notes: RUN ON YOUR OWN!!!!!! BUILD YOUR ENDURANCE!!!!!!				

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***** denotes different time than normal

AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Practice 8-9:15	2 Practice 8-9:15	3 Practice 8-9:15	4 Practice 8-9:15	5 Practice 8-9:15	6
7	8 Practice 8-9:15	9 ***** Practice 12-1:30	10 Practice 8-9:15	11 ***** Practice 12-1:30	12 Practice 8-9:15	13
14	15 NO PRACTICE!!!	16 ***** Practice 3:30-4:45	17 Practice 8-9:15	18 ***** Practice 3:30-4:45	19 ***** Practice 3:30-4:45	20
21	22 1ST DAY OF SCHOOL Practice 3:00-4:15	23 Practice 3:00-4:15	24 Practice 3:00-4:15	25 Practice 3:00-4:15	26 Practice 3:00-4:15	27
28	29 Practice 3:00-4:15	30 AWAY MEET @ STRONGSVILLE HIGH SCHOOL	31 Practice 3:00-4:15			
		Notes:				

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***Dates and times are subject to change---You will be notified

SEPTEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Practice 3:00-4:15	2 Practice 3:00-4:15	3 AVON EARLY BIRD INVITATIONAL T.B.A
4	5 NO SCHOOL	6 HOME MEET ?? @ 4:00 Memorial Park	7 Practice 3:00-4:15	8 Practice 3:00-4:15	9 Practice 3:00-4:15	10 BRUCE LERCH INV. @ BRECKSVILLE T.B.A
11	12 NO PRACTICE At home Workout in GC	13 AWAY MEET @ HIGHLAND	14 NO PRACTICE At home Workout in GC	15 Practice 3:00-4:15	16 Practice 3:00-4:15	17
18	19 Practice 3:00-4:15	20 AWAY MEET @ COPLEY	21 Practice 3:00-4:15	22 Practice 3:00-4:15	23 Practice 3:00-4:15	24 TODD CLARK INV. @ CLOVERLEAF T.B.A
25	26 Practice 3:00-4:15	27 AWAY MEET @ REVERE	28 Practice 3:00-4:15	29 Practice 3:00-4:15	30 Practice 3:00-4:15	
Notes:						
Each workout counts. Make it COUNT!!!!!!						

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OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Practice 3:00-4:15	4 Practice 3:00-4:15	5 Practice 3:00-4:15	6 Practice 3:00-4:15	7 Practice 3:00-4:15	8 CONFERENCE MEET @ STOW
9	10 DROP OFF UNIFORM	11 DROP OFF UNIFORM	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Notes: Finish Strong! You can "rest" after October 9th!				