



Cross Country August 2018

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 1st Day of School 1st Practice 2:45-4:00	23 Practice 2:45-4:00	24 Practice 2:45-4:00	25
26	27 Practice 2:45-4:00	28 Practice 2:45-4:00	29 Practice 2:45-4:00	30 Practice 2:45-4:00	31 Practice 2:45-4:00	

Notes: Meet in Mr. Brennan's room (Room 134) daily at 2:45. Please change into running clothes before reporting to Mr. Brennan's room. Boys & Girls locker rooms are available. Green & Whites = Dynamic Warm-Up, Lancer Series = Hip Mobility, Lancers = Sprint Mechanics