

TOP PRIORITIES!

Milage

Hydration

Resting

NOTES

We will meet at the track

- Bring a water bottle
- All practices will be in the
- morning unless otherwise decided because of the weather. Record your miles on the
- calendar, even when we don't
 - meet



MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
³ 9-10	4 9-10	⁵ 9-10	6	7	8	9
¹⁰ 9-10	ייז 9-10	12 9-10	13	14	15	16
17 9-10	18 9-10	19 9-10	20	21	22	23
24 9-10	25 9-10	26 9-10	27 9-10	28	29	30



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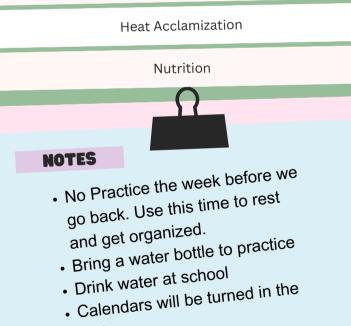
JULY 2024

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
9-10	9-10	9-10	9-10			
15	16	17	18	19	20	21
9-10	9-10	9-10				
22	23	24	25	26	27	28
9-10	9-10	9-10	9-10			
29	30	31				
9-10	9-10	9-10				



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School schedule changes and adjustement



12th

AUGUST 2024

MON	TUE	WED	THU	FRI	SAT	SUN
			9-10	2	3	4
5	6	7	8	9	10	11
12 First day of practice 320-5	¹³ 320-5	9th Grade First Day 320-5	15 İst day 320-5	¹⁶ 320-5	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	