

◀ July		~ August 2011 ~					September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2	3	4	5	6	
7	8 First day of Practice at LHS Track @ 7 am	9 Practice 7-9 am, LHS Track	10 Practice 7-9 am, LHS Track	11 Practice 7-9 am, LHS Track	12 Practice 7-9 am, LHS Track	13 Run 45 minutes on your own, do 10 strides in grass, 3x15 calf raisers XC Lunch, Chilis-12 pm	
14	15 Practice 7-9 am, LHS Track	16 Practice 7-9 am, LHS Track	17 Practice 7-9 am, LHS Track	18 Morning run on own, 15 minutes WATERMELON RACE, Meet the Runner MANDATORY PARENT MEETING, Town Park- 5:30 PM	19 Practice 7-9 am, LHS Track	20 Run 45 minutes on your own, do 10 strides in grass, 3x15 calf raisers	
21	22 FIRST DAY OF SCHOOL ☺ YIPPEEE! Meet in room AJ-104 @ 7:15 am, Practice 2:45 pm- Meet on Track	23 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track Parent Meeting PE Gym, 6:00 PM, Mandatory if you missed first meeting	24 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	25 No morning practice 7:10 AM, Track After School Practice, 2:45 PM, Track- Pre-Meet Warm Up	26 First meet @ Railroad Park, Carrollton, TX FRIDAY NIGHT HAWK INVITATIONAL Depart immediately after school	27 OFF: Run 45- Hour on your own, do 10 strides in grass, 3x15 calf raisers	
28	29 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	31 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	Notes:	Notes:			