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JUNE 2017-CF CROSS COUNTRY WORKOUTS

NOTE: MEETING PLACE FOR PRACTICES PRIOR TO JULY 31ST IS BUS LOT B/W MWMS AND CFHS. BEGINNING JULY 31ST, PLEASE MEET AT CFHS TRACK.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 ----- NO	29 PRACTICE DUE --	30 TO CF STUDENT --	31 EXAM WEEK -----	1 -----	2 -----	3 -----
4 ----- NO	5 PRACTICE DUE ----	6 TO CF STUDENT --	7 EXAM WEEK-----	8 -----	9 LAST DAY OF SCHOOL!!!! ----- CF GRADUATION @ 5PM CROWN	10 -----
11 -----	12 REQ'D. TEACHER WORKDAY	13 XC WORKOUT 7:30AM-9:30AM	14 NO PRACTICE COACH MEETING	15 XC WORKOUT 7:30AM-9:30AM	16 -----	17 -----
18 -----	19 NO PRACTICE COACHES ON VACATION	20 NO PRACTICE COACHES ON VACATION	21 NO PRACTICE COACHES ON VACATION	22 NO PRACTICE COACHES ON VACATION	23 NO PRACTICE COACHES ON VACATION	24 -----
25 -----	26 NO PRACTICE	27 XC WORKOUT 7:30AM-9:30AM	28 XC WORKOUT 7:30AM-9:30AM	29 XC WORKOUT 7:30AM-9:30AM	30 -----	1 -----

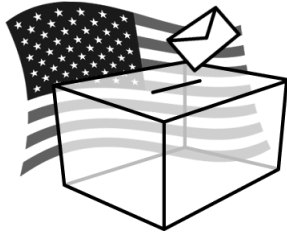
NOTE: ALL PRACTICES IN SUMMER PRIOR TO JULY 31 ARE NOT MANDATORY BUT ARE **STRONGLY ENCOURAGED!**



JULY 2017-CF CROSS COUNTRY WORKOUTS

NOTE: SOME PRACTICES MAY GO OFF CAMPUS (IE: CF RIVER TRAIL, ARNETTE PARK, MAZARICK PARK, JORDAN SOCCER COMPLEX BUT MEETING PLACE WILL ALWAYS BE CFHS.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 PLEASE RUN ON YOUR OWN AND TAKE VACATIONS THIS WEEK	3 <i>NO PRACTICE DEAD PERIOD PER NCHSAA</i>	4 <i>HAPPY INDEPENDENCE DAY!!!!!!!!!!!!!!!!!!!!</i>	5 <i>NO PRACTICE DEAD PERIOD PER NCHSAA</i>	6 <i>NO PRACTICE DEAD PERIOD PER NCHSAA</i>	7 <i>NO PRACTICE DEAD PERIOD PER NCHSAA</i>	8 -----
9 -----	10 <i>NO PRACTICE</i>	11 XC WORKOUT 7:30AM-9:30AM	12 XC WORKOUT 7:30AM-9:30AM	13 XC WORKOUT 7:30AM-9:30AM	14 -----	15 -----
16 PLEASE RUN ON YOUR OWN AND TAKE VACATIONS THIS WEEK	17 <i>NO PRACTICE DEAD PERIOD PER NCHSAA COACHES CLINIC</i>	18 <i>NO PRACTICE DEAD PERIOD PER NCHSAA COACHES CLINIC</i>	19 <i>NO PRACTICE DEAD PERIOD PER NCHSAA COACHES CLINIC</i>	20 <i>NO PRACTICE DEAD PERIOD PER NCHSAA COACHES CLINIC</i>	21 <i>NO PRACTICE DEAD PERIOD PER NCHSAA COACHES CLINIC</i>	22 -----
23 -----	24 <i>NO PRACTICE</i>	25 XC WORKOUT 7:30AM-9:30AM	26 XC WORKOUT 7:30AM-9:30AM	27 XC WORKOUT 7:30AM-9:30AM	28 -----	29 -----
30 -----	31 FALL SPORTS SEASON STARTS! MANDATORY PRACTICE BEGIN XC PRACTICE 7:30AM-9:30AM					



AUGUST 2017-CF CROSS COUNTRY WORKOUTS

NOTE: PRACTICES ARE EARLY AM TO COMBAT THE SUMMER HEAT ISSUES. THERE ARE 2 WEEKS OF NO PRACTICE TO GO ON VACATION. PLEASE TRY TO PLAN ACCORDINGLY. PRACTICES ARE MANDATORY BEGINNING JULY 31. ANY MISSED PRACTICES AFTER THIS DATE WITHOUT COACH'S APPROVAL AND/OR NOTICE MAY RESULT IN TEAM DISCIPLINE OR DISMISSAL FROM THE TEAM.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 FREEMAN OUT BEAT THE HEAT!!! XC PRACTICE 7:30AM-9:30AM	2 FREEMAN OUT BEAT THE HEAT!!! XC PRACTICE 7:30AM-9:30AM	3 FREEMAN OUT BEAT THE HEAT!!! XC PRACTICE 7:30AM-9:30AM	4 -----	5 -----
6	7 BEAT THE HEAT!!! XC PRACTICE 7:30AM-9:30AM	8 BEAT THE HEAT!!! XC PRACTICE 7:30AM-9:30AM	9 BEAT THE HEAT!!! XC PRACTICE 7:30AM-9:30AM	10 BEAT THE HEAT!!! XC PRACTICE 7:30AM-9:30AM	11 -----	12 -----
13	14 BEAT THE HEAT!!! XC PRACTICE 7:30AM-9:30AM	15 BEAT THE HEAT!!! XC PRACTICE 7:30AM-9:30AM	16 BEAT THE HEAT!!! XC PRACTICE 7:30AM-9:30AM	17 <i>1ST DAY FOR TEACHERS AFTERNOON PRACTICE BEGIN</i> XC PRACTICE 3:45 PM -5:30 PM	18 -----	19 -----
20	21 XC PRACTICE 3:45 PM -5:30 PM	22 XC PRACTICE 3:45 PM -5:30 PM	23 XC PRACTICE 3:45 PM -5:30 PM	24 XC PRACTICE 3:45 PM -5:30 PM	25 -----	26 -----
27	28 <i>1ST DAY FOR STUDENTS</i> XC PRACTICE 3:45 PM -5:30 PM	29 XC PRACTICE 3:45 PM -5:30 PM	30 XC PRACTICE 3:45 PM -5:30 PM	31 XC PRACTICE 3:45 PM -5:30 PM		

