

COACH MATTHEW J. HANES-CONTACT (C)- 910-670-8327, EMILY FREEMAN (C)-910-964-8060

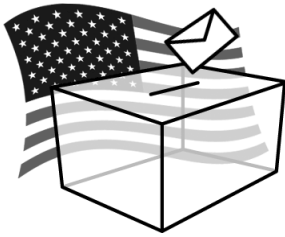
JUNE 2018-CF CROSS COUNTRY WORKOUTS

NOTE: MEETING PLACE FOR PRACTICES PRIOR TO JULY 30th IS BUS LOT B/W MWMS AND CFHS. BEGINNING JULY 30th, PLEASE MEET AT CFHS TRACK.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 ----- NO	28 PRACTICE DUE --	29 TO CF STUDENT --	30 EXAM WEEK -----	31 -----	1 -----	2 -----
3 ----- NO	4 PRACTICE DUE --- -	5 TO CF STUDENT --	6 EXAM WEEK----- -	7 -----	8 LAST DAY OF SCHOOL!!!! ----- CF GRADUATION @ 5PM CROWN	9 -----
10 -----	11 REQ'D. TEACHER WORKDAY	12 XC WORKOUT 7:30AM-10:00AM <i><u>Student Led Practice</u></i>	13 XC WORKOUT 7:30AM-10:00AM <i><u>Student Led Practice</u></i>	14 XC WORKOUT 7:30AM-10:00AM HANES TO PA	15 ----- HANES TO PA	16 ----- HANES TO PA
17 ----- HANES TO PA	18 ----- HANES TO PA	19 XC WORKOUT 7:30AM-10:00AM HANES TO PA	20 XC WORKOUT 7:30AM-10:00AM HANES TO PA	21 XC WORKOUT 7:30AM-10:00AM HANES TO PA	22 ----- HANES TO PA	23 ----- HANES TO PA
24 ----- HANES TO PA	25 ----- HANES TO PA	26 XC WORKOUT 7:30AM-10:00AM	27 XC WORKOUT 7:30AM-10:00AM	28 XC WORKOUT 7:30AM-10:00AM	29 -----	30 -----

NOTE: OPEN HOUSE DATE THE WEEK OF AUG. 20th TBD, THERE WILL BE NO PRACTICE THAT DAY.

NOTE: ALL PRACTICES IN SUMMER PRIOR TO JULY 30 ARE NOT MANDATORY BUT ARE **STRONGLY ENCOURAGED!**

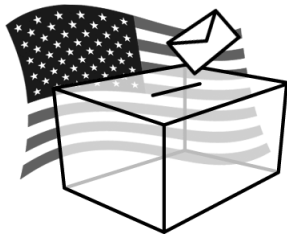


JULY 2018-CF CROSS COUNTRY WORKOUTS

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
1 PLEASE RUN ON YOUR OWN AND TAKE VACATIONS THIS WEEK	2 <i>NO PRACTICE DEAD PERIOD PER NCHSAA</i>	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 -----
8 -----	9	10 XC WORKOUT 7:30AM-10:00AM	11 XC WORKOUT 7:30AM-10:00AM	12 XC WORKOUT 7:30AM-10:00AM	13	14 -----
15 PLEASE RUN ON YOUR OWN AND TAKE VACATIONS THIS WEEK	16 <i>NO PRACTICE DEAD PERIOD PER NCHSAA COACHES CLINIC</i>	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 -----
22 -----	23	24 XC WORKOUT 7:30AM-10:00AM	25 XC WORKOUT 7:30AM-10:00AM	26 XC WORKOUT 7:30AM-10:00AM	27	28 -----
29 -----	30 FALL SPORTS SEASON STARTS! MANDATORY PRACTICE BEGIN XC PRACTICE 7:30AM-10:00AM	31 REQUIRED XC PRACTICE 7:30AM-10:00AM				

NOTE: OPEN HOUSE DATE THE WEEK OF AUG. 20TH TBD, THERE WILL BE NO PRACTICE THAT DAY.



AUGUST 2018-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 30. 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 REQUIRED XC PRACTICE 7:30AM-10:00AM BEAT THE HEAT!!!	2 REQUIRED XC PRACTICE 7:30AM-10:00AM BEAT THE HEAT!!!	3	4 -----
5	6 REQUIRED XC PRACTICE 7:30AM-10:00AM BEAT THE HEAT!!!	7 REQUIRED XC PRACTICE 7:30AM-10:00AM BEAT THE HEAT!!!	8 REQUIRED XC PRACTICE 7:30AM-10:00AM BEAT THE HEAT!!!	9 REQUIRED XC PRACTICE 7:30AM-10:00AM BEAT THE HEAT!!!	10	11 -----
12	13 REQUIRED XC PRACTICE 7:30AM-10:00AM BEAT THE HEAT!!!	14 REQUIRED XC PRACTICE 7:30AM-10:00AM BEAT THE HEAT!!!	15 ^{1ST} DAY FOR TEACHERS AFTERNOON PRACTICE BEGIN XC PRACTICE 3:45 PM -6:00 PM	16 REQUIRED XC PRACTICE 3:45 PM -6:00 PM	17	18 -----
19	20 REQUIRED XC PRACTICE 3:45 PM -6:00 PM	21 REQUIRED XC PRACTICE 3:45 PM -6:00 PM	22 REQUIRED XC PRACTICE 3:45 PM -6:00 PM	23 REQUIRED XC PRACTICE 3:45 PM -6:00 PM	24	25 -----

NOTE: OPEN HOUSE DATE THE WEEK OF AUG. 20TH TBD, THERE WILL BE NO PRACTICE THAT DAY.

26	27 <i>1ST DAY FOR STUDENTS</i> XC PRACTICE 3:45 PM -6:00 PM	28 XC PRACTICE 3:45 PM -6:00 PM	29 XC PRACTICE 3:45 PM -6:00 PM	30 XC PRACTICE 3:45 PM -6:00 PM	31 XC PRACTICE 3:45 PM -6:00 PM	
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