

September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
Practices at Maudsley at 3:30 to 4:30 Parents drop off and pick up the students	If it is raining out practice will be ½ hour. 3:30 to 4:00	You can contact me at dalesx2@comcast.net or cell phone at 857-272-3532	If there is lightening Cross Country may be cancelled. It will be decided at Maudsley.	Please send me an email so I can make an email list. dalesx2@comcast.net	My email address is dalesx2@comcast.net . If you can't make a practice you MUST tell me in advance	
5	6	7	8	9	10	11
The First two practices are at Fuller Field on Low Street. 3:30 to 4:30.	All dates are subject to change.		1 st Practice at Fuller Field. Stretching, core and strength training. Run on the track , and stretch		Practice at Fuller Field. Core and strength training Run on the track and stretch	
12	13	14	15	16	17	18
	Practice at Maudsley, Core and strength training. Walk the course and stretch		Practice at Maudsley, Core and strength training. Tempo run and stretch		Practice at Maudsley, Core and strength training. Recovery run and stretch	
19	20	21	22	23	24	25
	Practice at Maudsley, Core and strength training. Run the course and stretch		Practice at Maudsley, Core and strength training. Tempo run and stretch		Pep Rally @ 1:45 IC gym Practice Meet. at Maudsley,. Timed course run. Cool down and stretch.	
26	27	28	29	30		
	Practice at Maudsley, Core and strength training. Run the course and stretch		Practice at Maudsley, Core and strength training. Tempo run and stretch	1 st Meet at Maudsley. Mini Meet with the Nock Middle School.		