

# September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Practices at Maudslay 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 <a href="mailto:dalesx2@comcast.net">dalesx2@comcast.net</a> or cell phone at 857-272-3532	If there is lightening Cross Country may be cancelled. It will be decided at Maudslay	Please send me an email so I can make an email list. <a href="mailto:dalesx2@comcast.net">dalesx2@comcast.net</a>	My email address is <a href="mailto:dalesx2@comcast.net">dalesx2@comcast.net</a> . If you can't make a practice you MUST tell me in advance	The First two practices are at Fuller Field on Low Street. 3:30 to 4:30.
All dates are subject to change	Runners should arrive at least 5 minutes before practice.	<b>First Day of School</b>				The 1 <sup>st</sup> day of practice is Sept 12th
	1 <sup>st</sup> 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.	Practice at Maudslay, Core and strength training. Walk the course and stretch		
	Practice at Maudslay, Core and strength training. Run the course and stretch		Practice at Maudslay, Core and strength training. Tempo run and stretch		Practice at Maudslay, Intramural Meet. Timed event.	
	Practice at Maudslay, Core and strength training. Run the course and stretch			1 <sup>st</sup> Meet at Maudslay. Meet with the Nock Middle School and Hamilton Wenham		

Personal Events