

October 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 dalesx2@comcast.net 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. dalesx2@comcast.net	My email address is dalesx2@comcast.net . If you can't make a practice you MUST tell me in advance	All dates are subject to change
2	3	4	5	6	7	8
Runners should arrive at least 5 minutes before practice	No Practice This is a rest day due to the meet tomorrow!	Meet at Maudsley IC vs. Nock vs. Open	Practice at Maudsley, Core and strength training. Recovery run and stretch		Practice at Maudslay, Core and strength training. Run the course and stretch	
9	10	11	12	13	14	15
	No Practice This is a rest day due to the meet tomorrow!	Meet at Maudsley IC vs. Nock vs. Masco	Practice at Maudsley, Core and strength training. Recovery run and stretch		Practice at Maudslay, Core and strength training. Run the course and stretch	
16	17	18	19	20	21	22
	No Practice This is a rest day due to the meet tomorrow!	Meet at Maudsley IC vs. Nock vs. Hampton	Practice at Maudsley, Core and strength training. Recovery run and stretch		Practice at Maudslay, Core and strength training. Run the course and stretch	
23	24	25	26	27	28	29
	Meet at Bishop Fenwick Beverly 3:30 Start Time		No Practice This is a rest day due to the meet tomorrow!	Meet at Gloucester Jim Munn Invitational Stage Fort Park 4:00 Start Time		
30	31					

Personal Events