

September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes: 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	The 1 st day of practice is Sept 8 th
The First two practices are at Fuller Field on Low Street. 3:30 to 4:30.	All dates are subject to change.		8 1 st Practice at Fuller Field. Stretching, core and strength training. Run on the track , and stretch	9	10 Practice at Fuller Field. Core and strength training Run on the track and stretch	11
12	13 Practice at Maudslay, Core and strength training. Walk the course and stretch	14	15 Practice at Maudslay, Core and strength training. Tempo run and stretch	16	17 Practice at Maudslay, Core and strength training. Recovery run and stretch	18
19	20 Practice at Maudslay, Core and strength training. Run the course and stretch	21	22 Practice at Maudslay, Core and strength training. Tempo run and stretch	23	24 Pep Rally @ 1:45 IC gym Practice Meet. at Maudslay,. Timed course run. Cool down and stretch.	25
26	27 Practice at Maudslay, Core and strength training. Run the course and stretch	28	29 Practice at Maudslay, Core and strength training. Tempo run and stretch	30 1 st Meet at Maudslay. Mini Meet with the Nock Middle School.		