|  |  |
| --- | --- |
| August | |
| 2017 | |
| Lynnville-Sully Cross Country | You don’t have to see the whole staircase, just take the first step. |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  |  |  |  |  |  |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|  | 1st HS Practice 7am  Parent/Player/Coach Meeting 6:30 pm | Practice 7:00-8:45 am  LIFTING | Practice 7:00-8:45am | Practice 7:00-8:45am  LIFTING | Practice 7:00-8:45am |  |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  | Practice 7:00-8:45am | Practice 7:00-8:45am  LIFTING | Practice 7:00-8:45am | Practice 7:00-8:45am  LIFTING | 1st Afternoon Practice  Practice 4:00-5:30pm  Gatorade Scrimmage |  |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | PM Practice 3:45-5:15  Back to School Night | PM Practice 3:45-5:15  LIFTING | 1st Day of School  Practice 3:40-5:15  JH 9th period | 3:40-5:15  LIFTING  JH After | 3:40-4:30  JH 9th period  HS Team to FB Game |  |
| 27 | 28 | 29 | 30 | 31 |  |  |
|  | 3:40-5:15  LIFTING  JH 9th period | Williamsburg Meet  HS Only  No JH Practice | 3:40-5:15  JH 9th period | 3:40-5:15  LIFTING |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |