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| August |
| 2018 |
| Lynnville-Sully Hawks XC | Begin with the ending in mind. |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  |  |  |  |  |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  | 1st HS Practice6:30-8:00 AMTeam Meeting 6:30 PM | HS Practice 6:30-8:00 AM | HS Practice 6:30-8:00 AM | HS Practice 6:30-8:00 AM | HS Practice 6:30-8:00 AM |  |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  | HS Practice6:30-8:00 AM | HS Practice6:30-8:00 AM | HS Practice6:30-8:00 AM | HS Practice6:30-8:00 AM | 1st Afternoon Practice4:00-5:30 Gatorade Night/Intros |  |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  | HS Practice3:30-5:15 | HS Practice3:30-5:15 | HS Practice Co-Line Run Day3:30-6:00 | 1st Day of SchoolJH 1st Practice 9th PeriodHS 3:40-5:20 | JH 9th PeriodHS 3:40-4:45HS to FB Game |  |
| 26 | 27 | 28 | 29 | 30 | 31 |  |
|  | 3:40-5:15 | Williamsburg Meet (3:00)HS OnlyJH Practice?? | 3:40-5:15JH 9th Period | 3:40-5:15 | 3:40-4:45JH 9th Period |  |
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