

August 2025 Varsity/ JH Practice Schedule

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
3	4	5	6	7	8	9
10 OFF	11 1st Official <u>JH & HS Practice</u> <u>@ 8am-10am</u> Meet at the CC Tree HS in Weight Room 10-10:30am	12 <u>JH & HS Practice</u> <u>@ 8am-10am</u> Meet at the CC Tree	13 <u>JH & HS Practice</u> <u>@ 8am-10:30am</u> <u>JH done by 10am</u> Meet at Chickies Day Use Area	14 <u>JH & HS Practice</u> <u>@ 8a.m to 10:00</u> <u>a.m.</u> Meet at the CC Tree	15 <u>JH & HS Practice</u> <u>@ 8am-10am</u> Meet at the CC Tree Meet at Location TBA	16 No Practice, Run on own
17 OFF	18 Practice <u>@ 3:30pm.-5:30pm.</u> Meet at the CC Tree HS in Weight Room until 5:30 pm	19 HS and JH Practice <u>@ 3:30pm.-5:30pm.</u> Meet at the CC Tree	20 HS and JH Practice <u>@ 3:30pm.-5:30pm.</u> Meet at the CC Tree HS in Weight Room until 5:30 pm	21 HS and JH Practice <u>@ 3:30pm.-5:30pm.</u> Meet at the CC Tree	22 HS and JH Practice <u>@ 3:30pm.-5:30pm.</u> Meet at the CC Tree	23 HS only, Warwick Twilight 3K Tune Up-7pm Bus Time Likely 5:00pm
24 Long Run on own	25 1st day of School HS and JH Practice after School, 3:05-4:45	26 HS and JH Practice after School, 3:05-4:45, HS in Weight Room until 5:15 pm	27 HS and JH Practice after School, 3:05-4:45	28 HS and JH Practice after School, 3:05-4:45, HS in Weight Room until 5:15 pm	29 No School, Practice <u>@ 8 a.m.-10 a.m.</u> Meet at River Trail	30 No Practice Run on own

Sept 2025 Varsity Practice Schedule

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Aug 31 OFF	Sept 1 Labor Day No Practice, Premeet run on own	2 Meet #1 vs MC at Warwick 4:15 JH 4:45 HS Girls 5:15 HS Boys	3 Practice after School, 3:05-4:45 River Run for HS	4 Practice after School, 3:05-4:45	5 Practice after School, 3:05-4:45 HS in Weight Room until 5:15 pm	6 No Practice Run on own
7 OFF	8 Practice after School, 3:05-4:30	9 Home Meet with Cocalico 4:15 JH 4:45 HS Girls 5:15 HS Boys	10 Practice after School, 3:05-4:45	11 Practice after School, 3:05-4:45	12 Practice after School, 3:05-4:45 HS in Weight Room until 5:15 pm	13 HS Practice only 8-10 am Meet at Old Trolley Line Park for Long run
14 OFF	15 Practice after School, 3:05-4:45 HS in Weight Room until 5:15 pm	16 Practice after School, 3:05-4:30 k-6 Fitness run, 6pm	17 Practice after School, 3:05-4:45	18 Practice after School, 3:05-4:45	19 Practice after School, 3:05-4:45	20 Big Spring Invite, Bus Time: 6:30 a.m.
21 OFF	22 Practice after School, 3:05-4:30	23 Meet at Solanco with LS 4:15 JH 4:45 HS Girls 5:15 HS Boys	24 Practice after School, 3:05-4:45	25 Practice after School, 3:05-4:45	26 JH Invite at Solanco HS Practice, 3015-5:00 Weight Room @ 5:00-5:15pm	27 Voluntary Practice at 8 a.m. Location TBA or do long run on own