







November 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 <u>Mandatory Meeting</u> After School Meet in Mrs. Nall's class- room	15 Practice 7:00-7:50AM or 3:30-4:30	16	17 <i>XC Banquet</i> Practice 7:00-7:50AM or 3:30-4:30	18	19
20	21 Practice 7:00-7:50AM or 3:30-4:30	22	23 Thanksgiving Break	24	25	26
27	28	29 Practice 7:00-7:50AM or 3:30-4:30	30			



December 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Practice 7:00-7:50AM or 3:30-4:30	2	3
4	5 Practice 7:00-7:50AM or 3:30-4:30	6 Meet @ Tate 3:30 NHS & Washington 	7	8 Meet @ Northview Tate & Jay 4:00 	9 USA Track Camp	10 USA Track Camp Girl's Weightlifting Bagging at Atmore Winn-Dixie
11	12	13 Meet @ Jay 4:00 	14	15 Meet @ Pine Forest 3:30 NHS, WF, & PHS 	16	17
18	19	20	21	22	23	24
Holiday Break -Workout on your own!!						
25	26	27	28	29	30	31
Holiday Break -Workout on your own!!						

January 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Meet @ Jay 4:00 NHS 	6	7
8	9 Sub District Meet @ Pine Forest Coaches Meeting 10:00 Weigh in 11:00 Meet 3:00 	10	11 <i>Exams</i>	12 <i>Exams</i>	13 <i>Exams</i>	14
15	16 No School- Dr. Martin Luther King Jr. Day	17 Teacher Work day No school for you	18	19	20	21
22	23	24	25 District Meet @ Gulf Breeze Coaches Meeting 10:00 Weigh in 8-10 Meet 12:00	26	27	28
29	30	31 <i>Girl's Weightlifting Banquet 8:00 am in room 201-Mrs. Nall</i>				