







XC August 2011

7	8	9	10	11	12	13
14	15	16	17	18 <i>Parent & Athlete Meeting 6:00 @ NHS room 201</i>	19	20
21	22 <i>First day of school</i>	23 <i>Practice after school—6:00</i>	24	25 <i>Practice after school—6:00 Spike Night in @ Running Wild 5-7</i>	26 <i>Football Game-Workers 5:15 @ gate</i>	27
28	29 <i>AM running— 7:00 @ NHS PM Practice after school—6:00</i>	30 <i>PM Practice after school—6:00</i>	31 <i>AM running— 7:00 @ NHS Doughnut \$ & count due to Coach Nall</i>	Sept. 1- <i>PM Practice after school—6:00</i>	Sept. 2- Doughnut Pick up 7:45 am <i>PM Practice after school—6:00</i>	



XC September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 AM running– 7:00 @ NHS NO PM—Coaches Meeting @WF	2 <u>Doughnut Pick up</u> <u>7:45 am</u> PM Practice after school—6:00	3
4	5 Labor Day No School	6 AM running– 7:00 @ NHS PM Practice after school—6:00	7 AM running– 7:00 @ NHS	8 PM Practice after school—6:00	9 AM running– 7:00 @ NHS	10 Pace Invitational 6:45 am SIMS Middle Leaving Northview 5 AM 
11	12 AM running– 7:00 @ NHS PM Practice after school—6:00	13 AM running– 7:00 @ NHS Open House ***	14 AM running– 7:00 @ NHS	15 Meet @ Northview Parents will be needed 4:00 	16	17
18	19 AM running– 7:00 @ NHS PM Practice after school—6:00	20 Meet @ Sims Middle-Pace Leave after school Start 5:00 	21	22 PM Practice after school—6:00	23 AM running– 7:00 @ NHS PM Practice after school—6:00	24
25	26 AM running– 7:00 @ NHS PM Practice after school—6:00	27 Meet @ Jay Park Leave after school Start 5:00 	28	29 Pictures– NHS Bring uniform to school PM Practice after school—6:00	30 AM running– 7:00 @ NHS *Work football game	