

JULY 2018

Sun	Mon	Tue	Wed	Thu	FRI	Sat
1	2 Conditioning 6:30-7:30 pm (Firestone)	3 Yoga/Run/Strength 6:30-7:30 pm (Coventry HS Track)	4 Off Happy 4th of July!	5 Conditioning 6:30-7:30 pm (Firestone)	6	7 "Run on Your Own"
8	9 Conditioning 6:30-7:30 pm (Firestone)	10 Yoga/Run 6:30-7:30 pm (Coventry HS Track)	11 Conditioning 6:30-7:30 pm (Firestone)	12 Conditioning 6:30-7:30 pm (Firestone)	13	14 "Run on Your Own"
15	16 Conditioning 6:30-7:30 pm (Firestone) *XC Malone Camp	17 Yoga/Run/Strength 6:30-7:30 pm (Coventry HS Track) *XC Malone Camp	18 Conditioning 6:30-7:30 pm (Firestone) *XC Malone Camp	19 Conditioning 6:30-7:30 pm (Firestone)	20	21 "Run on Your Own"
22	23 Conditioning 6:30-7:30 pm (Firestone)	24 Yoga/Run 6:30-7:30 pm (Coventry HS Track)	25 Conditioning 6:30-7:30 pm (Firestone)	26 Conditioning 6:30-7:30 pm (Firestone)	27	28 "Run on Your Own"
29	30 Conditioning 6:30-7:30 pm (Firestone)	31 Yoga/Run 6:30-7:30 pm (Coventry HS Track)				

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Join the XC Remind Account for all XC info: Text @coventry to 81010

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August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 First Day of CCI!! Team Meal Time Trial: MS 1mile HS 2mile Firestone 6:00	2 Conditioning 6:30-7:30 pm (Firestone)	3 Conditioning 6:30-7:30 pm (Firestone)	4
5	6 Conditioning 6:30-7:30 pm (Firestone)	7 Conditioning 6:30-7:30 pm (Firestone)	8 Conditioning 6:30-7:30 pm (Firestone)	9 Heideman (Goodyear Park)	10 Conditioning 6:30-7:30 pm (Firestone)	11
12	13 Conditioning 6:30-7:30 pm (Firestone)	14 2018 Moose Is Loose Relay Race Malone University	15 Conditioning 6:30-7:30 pm (Firestone)	16 Heideman (Goodyear Park)	17 Conditioning 6:30-7:30 pm (Firestone)	18
19	20 Practice 3:15-4:30 (Firestone)	21 First Day of School! Practice 3:15-4:30 (Firestone)	22 Practice 3:15-4:30 (Firestone)	23 Practice 3:15-4:30 (Firestone)	24 Practice 3:15-4:30 (Coventry Track)	25 Salem Invitational
26	27 Practice 3:15-4:30 (Firestone)	28 Practice 3:15-4:30 (Firestone)	29 Practice 3:15-4:30 (Firestone)	30 Practice 3:15-4:30 (Firestone)	31 Practice 3:15-4:30 (Coventry Track)	