

# June 2018

| June 2018 |   |   |  |  |   |   |
|-----------|---|---|--|--|---|---|
| Sun       | Mon   | Tue   | Wed  | Thu  | Fri   | Sat   |
|           | <b>All practices are in the morning</b>   | <b>Contact Coach Kenison</b><br>jkenison@richland2.org with questions |  |  | 1   | 2   |
| 3         | 4   | 5   | 6  | 7  | 8<br>Physical done?                               | 9   |
| 10        | <b>11 Summer Conditioning begins – 6:45am Clemson Ext (done ~ 7:45)</b><br><i>Must have physical before attending</i> | <b>12</b> Summer conditioning continues 6:45 – 7:45                   | <b>13</b> Wednesdays are optional (cross - training) 6:45 – 7:45 (Clemson or RV) | <b>14</b> Summer conditioning continues 6:45 – 7:45                                      | <b>15</b> Summer conditioning continues 6:45 – ~8 | <b>16</b><br><i>Goal: Make it all week! Turn in 1<sup>st</sup> weeks mileage to captain</i> |
| 17        | <b>18</b> Summer conditioning continues 6:45~7:45   | <b>19</b> Summer conditioning 6:45~7:45                               | <b>20</b> optional (cross - training) 6:45 – 7:45                                | <b>21</b> Coaches Run Lake Carolina 6:45 – 8<br><i>* Registered for Born in the USA?</i> | <b>22</b> Summer conditioning 6:45~7:45           | <b>23</b><br><i>Goal: 20 miles this week!</i>   |
| 24        | <b>25</b> Summer conditioning 6:45 - 8  | <b>26</b> Summer conditioning 6:45 - 8                                | <b>27</b> optional (cross - training) 6:45 – 7:45                                | <b>28</b> Coaches Run Lake Carolina 6:45 - 8   | <b>29</b> Summer conditioning 6:45 - 8            | <b>30</b><br><i>Goal: 20 - 25 miles this week! (don't forget to turn it )</i>               |

Created with [WinCalendar Calendar Creator](#)

- ▶ For more calendar layouts, colors, options, and for calendars with Religious Holidays download WinCalendar from [WinCalendar.com](#).
- ▶ You can even convert Microsoft Outlook, Google Calendar or Yahoo Calendar to Word and Excel format using WinCalendar.
- ▶ WinCalendar also supports Public Holidays for many Nationalities as well as Religious Holidays.