

JOHN ADAMS CROSS COUNTRY BOYS & GIRLS 2020 SUMMER TRAINING SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 JULY ALL STUDENT/ ATHLETES WILL MEET @ POTAWATOMI for Summer conditioning	6 TRAINING 1 mile Warm up starts at 7am sharp Coaches will join Team 7-9:00 AM	7 TRAINING 7-9:00 AM	8 TRAINING 7-9:00 AM	9 TRAINING 7-9:00 AM	10 TRAINING 7-9:00 AM	11 TRAINING 7:00AM-9:00AM
12	13 TRAINING 7-9:00 AM	14 TRAINING 7-9:00 AM	15 TRAINING 7-9:00 AM	16 TRAINING 7-9:00 AM	17 TRAINING 7-9:00 AM	18 TRAINING 7-9:00 AM
19	20 TRAINING 7-9:00 AM	21 TRAINING 7-9:00 AM	22 TRAINING 7-9:00 AM	23 TRAINING 7-9:00 AM	24 TRAINING 7-9:00 AM	25 TRAINING 7-9:00 AM
26	27 TRAINING 7-9:00 AM	28 TRAINING 7-9:00 AM	29 TRAINING 7-9:00 AM	30 TRAINING 7-9:00 AM	31 TRAINING 7-9:00 AM	1 TRAINING 7-9:00 AM

Coach Rivera (574) 261-4170

Coach Scruggs (574) 286-7396

Coach Byers (574) 876-6450

Coach Timmons (574) 261-8526

In case of bad weather, I will send you a message through Google Classroom and text the captains that same morning and the captains will then text the rest of the team.

All students/athletes must have an IHSA physical, \$20 insurance money and their online paperwork completed and turned into the coaching staff prior to any participation in Summer Training or the Camping Trip. **Thanks!**