**Tentative Practice Schedule for August 15th-September 2nd**

**Monday, August 15th**-First day of practice for fall sports. We will meet 8:00-10:30 am

**Tuesday, August 16th**-practice 8:00-10:30 am

**Wednesday, August 17h**-practice 8:00-10:30 am

**Thursday, August 18th**-practice 8:00-10:30 am

**Friday, August 19th**-practice 8:00-10:30 am

**Saturday/August 20th-** No organized practice. A workout will be assigned for you to complete on your own.

**Sunday, August 21st-**Rest day-no running

**Monday, August 22nd**-practice 8:00-10:30 am

**Tuesday, August 23rd**-practice 8:00-10:30 am (Bus evacuation drill scheduled for 8:35 am)

**Wednesday, August 24th**-practice 8:00-10:30 am (pictures scheduled for 8:45 am)

***Thursday, August 25th****-practice shifts to 3:30-6:00 in the afternoon due to teacher inservice We may be having the Hoka 2 mile in the evening on this date, similar to last year. Further info to come at a later date.*

**Friday, August 26th-**practice3:30-6:00 pm

**Saturday, August 27th** No official practice. We may schedule an optional group run.

**Sunday, August 28th**–Rest day-no running.

**Monday, August 29th**-Practice 3:30-6:00

**Tuesday, August 30th**-First day of school! Practice 3:30-5:30

**Wednesday, August 31st**-practice 3:30-5:30

**Thursday, September 1st -**practice 3:30-5:30

**Friday, September 2nd-Punxsy XC Relay Invitational (more info to follow)**

**Saturday, September 3rd-**No practice-run the scheduled workout on your own.

**Sunday, September 4th**-rest day-no running

**Monday, September 5th** -Labor Day! Even though this is a holiday and there is no school, we typically have practice from 9:00 -10:30 am on this day because we have a meet tomorrow and need to have a plan in place for the race.

**Tuesday, September 6th**- Home meet with DuBois and Elk County