



Fishers Jr. High

AUGUST 2019

Cross Country Schedule of Practice and Meets

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Reminder to Athletes: The security gates will be locked at 3:00 each day. Students are not allowed back in the academic wing after practice. Please place all materials to be brought home in your athletic locker before practice.						
4	5	6	7	8	9	10
			Cross Country Information Passed Out	Practice 2:45-4:30	Practice 2:45-4:30	
11	12	13	14	15	16	17
	Practice At home EARLY DISMISSAL	Practice 2:45-4:30	Practice 2:45-4:30	Practice 2:45-4:30	Practice 2:45-4:30	
18	19	20	21	22	23	
	Practice At home EARLY DISMISSAL	Practice 2:45-4:30	Practice 2:45-4:30 Run 2 miles	Practice 2:45-4:30 Run 2 miles	No PM Practice School Dance	
25	26	27	28	29		
	Practice At home EARLY DISMISSAL	Practice 2:45-4:30	Z'Ville Hokum Kareem @ Z'Ville @6pm	Practice 2:45-4:30 Run 2 miles	Morning Practice 5:40AM Practice 2:45-4:30	

All proceeds from dance go to the Athletic Dept. Runners SHOULD attend!

Please Note: This will be the start of morning practices on Fridays which will get the girls accustom to this routine practice in High School, provides a nice change of pace. This will be IN ADDITION TO our Fun Friday afternoon practices.

All runners ride to away meets on the bus. Students usually stay after school in the coach's room for a study hall after school on meet days, but may go home and come back by the designated time the bus leaves. Students may ride the bus home after the meet and get picked up at school or ride directly home with parents if the coach is notified at the meet.

Questions's about girls' team:
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