**Georgetown Cross Country Group Conditioning Schedule**

| [◄ May 2025](https://www.wincalendar.com/Holiday-Calendar/May-2025" \o "May 2025) | **June 2025** | | | | | [Jul 2025 ►](https://www.wincalendar.com/Holiday-Calendar/July-2025) |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| 1 | 2  HS: 7-8:30pm | 3 | 4  HS: 7-8:30pm | 5 | 6 | 7  HS: **8-9:30am** |
| 8 | 9  HS: 7-8:30pm | 10  HS: 7-8:30pm | 11  HS: 7-8:30pm | 12  HS: 7-8:30pm | 13 | 14 Flag Day  HS: **8-9:30am** |
| 15 Father's Day | 16  HS**: 5-6pm**  Youth Camp: 6-8pm | 17  Youth Camp: 6-8pm | 18  HS**: 5-6pm**  Youth Camp: 6-8pm | 19 Juneteenth  HS: **8-9:30am**  Youth Camp: 6-8pm | 20  HS: **8-9:30am** | 21 Summer Solstice  HS: **8-9:30am**  (meet at Hanlon Park by Pizza Hut) |
| 22 | 23  HS: **8-9:30am** | 24  HS: 7-8:30pm | 25  HS: 7-8:30pm | 26  HS: 7-8:30pm | 27 | 28  HS: **8-9:30am** |
| 29 | 30  HS: 7-8:30pm |  | | | | |

* Summer conditioning is optional but an important part of training. (Junior high will start in July)
* This schedule is for group conditioning. Your training plan may include additional individual runs on other days not listed on this schedule.
* We will meet at the GHS track unless noted differently on the schedule.
* Please arrive 5 minutes early. We will start on time.
* Please bring your own water bottle, running watch, and yoga mat to every conditioning session.

HS Coach Mike McHenry: (937) 631-8134 HS Coach Molly Ellis: (937) 515-9364 Jr High Coach Racheal Osman: (937) 205-3475