**Georgetown Cross Country  
Summer Group Conditioning Schedule**

| [◄ Jul 2021](https://www.wincalendar.com/Holiday-Calendar/July-2021" \o "July 2021) | **August 2021** | | | | | [Sep 2021 ►](https://www.wincalendar.com/Holiday-Calendar/September-2021) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| 1 | 2 **1st Day of Practice!**  HS: 7-8:30pm  JrH: 7-8:30pm | 3  HS: 7-8:30pm  JrH: 7-8:30pm | 4  HS: 7-8:30pm  JrH: 7-8:30pm | 5  HS: 7-8:30pm  JrH: 7-8:30pm | 6  No Practice | 7  **Bronco 5K**  8am at Western Brown  (Optional) |
| 8 | 9  HS: 7-8:30pm  JrH: 7-8:30pm | 10  HS: 7-8:30pm  JrH: 7-8:30pm | 11  HS: 7-8:30pm  JrH: 7-8:30pm | 12  HS: 7-8:30pm  JrH: 7-8:30pm | 13  No Practice | 14  HS: 8-9:30am  JrH: 8-9am |
| 15 | 16  HS: 7-8:30pm  JrH: 7-8:30pm | 17  HS: 7-8:30pm  JrH: 7-8:30pm | 18 **First Day of School!**  HS: 6-7:30pm\*  JrH: 6-7:30pm\*  ***\*time change*** | 19  HS: 6-7:30pm  JrH: 6-7:30pm | 20  **Run-A-Thon!**  7-11pm | 21  No Practice |
| 22  **High School and Jr High Girls CC Party**  **4-8:00pm** | 23  HS: 4-5:30pm\*  JrH: 4-5:30pm\* | 24  HS: 6-7:30pm  JrH: 6-7:30pm | 25  **Felicity Early Bird**  4:30pm | 26  HS: 6-7:30pm  JrH: 6-7:30pm | 27  No Practice | 28  **Ripley Invitational**  9:00am |
| 29 | 30  HS: 6-7:30pm  JrH: 6-7:30pm | 31  HS: 4-5:30pm\*  JrH: 4-5:30pm\* |  | | | |

* Official Practice starts this month. **Please note Practice times will change after school starts back**.
* This schedule is for group practice. Your VDOT 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. Coach McHenry: 937-631-8134
* Please bring your own water bottle, running watch and yoga mat to every conditioning session. Coach Molly Ellis: 937-515-9364