**Georgetown Cross Country
Summer Group Conditioning Schedule**

| [◄ Jul 2021](https://www.wincalendar.com/Holiday-Calendar/July-2021%22%20%5Co%20%22July%202021) | **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: 7-8:30pmJrH: 7-8:30pm | 3 HS: 7-8:30pmJrH: 7-8:30pm | 4 HS: 7-8:30pmJrH: 7-8:30pm | 5 HS: 7-8:30pmJrH: 7-8:30pm | 6 No Practice | 7 **Bronco 5K**8am at Western Brown (Optional) |
| 8  | 9 HS: 7-8:30pmJrH: 7-8:30pm | 10 HS: 7-8:30pmJrH: 7-8:30pm | 11 HS: 7-8:30pmJrH: 7-8:30pm | 12 HS: 7-8:30pmJrH: 7-8:30pm | 13 No Practice | 14 HS: 8-9:30amJrH: 8-9am |
| 15  | 16 HS: 7-8:30pmJrH: 7-8:30pm | 17 HS: 7-8:30pmJrH: 7-8:30pm | 18 **First Day of School!**HS: 6-7:30pm\*JrH: 6-7:30pm\****\*time change*** | 19 HS: 6-7:30pmJrH: 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: 6-7:30pmJrH: 6-7:30pm | 25 **Felicity Early Bird**4:30pm | 26 HS: 6-7:30pmJrH: 6-7:30pm | 27 No Practice | 28 **Ripley Invitational**9:00am |
| 29  | 30 HS: 6-7:30pmJrH: 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