**Georgetown Cross Country Group Conditioning Schedule**

| [◄ May 2023](https://www.wincalendar.com/Holiday-Calendar/May-2023" \o "May 2023) | **June 2023** | | | | | [Jul 2023 ►](https://www.wincalendar.com/Holiday-Calendar/July-2023) |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  | 1  HS: 7-8:30pm | 2 | 3  HS: **8-9:30am** |
| 4 | 5  HS: 7-8:30pm | 6 | 7  HS: 7-8:30pm | 8 | 9 | 10  No Group Conditioning. Please run on your own or with friend |
| 11 | 12  HS**: 8-9:30am**  Youth Camp: 6-8pm | 13  Youth Camp: 6-8pm | 14 Flag Day  HS: **8-9:30am**  Youth Camp: 6-8pm | 15  Youth Camp: 6-8pm | 16 | 17  No Group Conditioning. Please run on your own or with friend |
| 18 Father's Day | 19 Juneteenth  HS: 7-8:30pm | 20  HS: 7-8:30pm | 21 Summer Solstice (Summer Begins)  HS: **8-9:30am** | 22  HS: 7-8:30pm | 23 | 24  HS: **8-9:30am**  (meet at Hanlon Park by Pizza Hut) |
| 25 | 26  HS: 7-8:30pm | 27  HS: 7-8:30pm | 28  HS: **8-9:30am** | 29  HS: 7-8:30pm | 30 |  |

* 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, stretching rope 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