**Georgetown Cross Country Group Conditioning Schedule**

| [◄ May 2023](https://www.wincalendar.com/Holiday-Calendar/May-2023%22%20%5Co%20%22May%202023) | **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 DayHS: **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 JuneteenthHS: 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