**Georgetown Cross Country Group Conditioning Schedule**

| [◄ May 2022](https://www.wincalendar.com/Holiday-Calendar/May-2022" \o "May 2022) | **June 2022** | | | | | [Jul 2022 ►](https://www.wincalendar.com/Holiday-Calendar/July-2022) |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  | 1  HS: 7-8:30pm | 2  HS: 7-8:30pm | 3 | 4  HS: 8-9:30am |
| 5 | 6  HS: 7-8:30pm | 7  HS: 7-8:30pm | 8  HS: 7-8:30pm | 9  HS: 7-8:30pm | 10 | 11  HS: 8-9:30am  (meet at Hanlon Park by Pizza Hut) |
| 12 | 13  HS: 7-8:30pm | 14 Flag Day  HS: 7-8:30pm | 15  HS: 7-8:30pm | 16  HS: 7-8:30pm | 17 | 18  HS: 8-9:30am |
| 19 Father's Day | 20  Youth Camp: 6-8pm | 21 Start of Summer (Summer Solstice)  HS: 5-6pm  Youth Camp: 6-8pm | 22  HS: 8-9:30am  Youth Camp: 6-8pm | 23  HS: 5-6pm  Youth Camp: 6-8pm | 24  Youth Camp: 6-8pm  Owen’s Birthday! | 25  HS: 8-9:30am  (meet at Hanlon Park by Pizza Hut) |
| 26 | 27  HS: 7-8:30pm | 28  HS: 7-8:30pm  Tony’s Birthday! | 29  HS: 7-8:30pm | 30  HS: 7-8:30pm  Rilee’s Birthday! |  | |

* 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.

Coach Mike McHenry: (937) 631-8134 Coach Molly Ellis: (937) 515-9364