**Georgetown Cross Country Group Conditioning Schedule**

| [◄ May 2022](https://www.wincalendar.com/Holiday-Calendar/May-2022%22%20%5Co%20%22May%202022) | **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 DayHS: 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: 5-6pmYouth Camp: 6-8pm | 22 HS: 8-9:30amYouth Camp: 6-8pm | 23 HS: 5-6pmYouth Camp: 6-8pm | 24 Youth Camp: 6-8pmOwen’s Birthday! | 25 HS: 8-9:30am(meet at Hanlon Park by Pizza Hut) |
| 26  | 27 HS: 7-8:30pm | 28 HS: 7-8:30pmTony’s Birthday! | 29 HS: 7-8:30pm | 30 HS: 7-8:30pmRilee’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