

AUG 2020 BOYS AND GIRLS CROSS

H.M.S. COACH MANZKE AND COACH ZIPPRICH

SUN	MON	TUE	WED	THU	FRI	SAT
You will need to sign up for REMIND 101	Stretch nightly Drink WATER at school DAILY		Daily-1/2 mile warm and cool down Dynamic warm-up			01
02	03	04	05	06	07	08
		Start Practice Teach drills and rules 8-10	8-10	8-10	8-10	Varsity Practice depending on soreness. 8-11
09	10	11	12	13	14	15
	Crazy Socks 8-10	Chicago Sports Day 8-10	Hat Day 8-10	Twin Day 8-10	School Colors Day Varsity Only 8-10	Rest Day off
16	17	18	19	20	21	22
Games Week	Selfie Challenge 8-10	Relay Races 8-10	Scavenger Hunt 8-10	"Mean Coaches Practice" 3:15-5:15	Uniforms for Veterans "Athletes Practice" 3:15-5:15	Varsity 8-11
23	24	25	26	27	28	29
	Practice 3:15-5:30	3:15--515	3:15-5:15	Pre-Meet 3:15-5:15	Inter Squad Race at Bedford 4:00	Off
30	31		*Calendar is Tentative. Can be changed daily.			
	3:15-5:15 Practice					