



## 2022 Cross Country Summer Training Calendar

June

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	Practice: 6-7:15 pm	Practice: 6-7:15 pm	Practice: 6-7:15 pm	Practice: 6-7:15 pm	10	11
12	Practice: 6-7:15 pm	Practice: 6-7:15 pm	Practice: 6-7:15 pm	Practice: 6-7:15 pm	17	18
19	Practice: 6-7:15 pm	Practice: 6-7:15 pm	Practice: 9-10:30am	Practice: 9-10:30am	24	25
26	Practice: 9-10:30am	Practice: 9-10:30am	Practice: 9-10:30am	Practice: 9-10:30am		


July

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	Holiday	Practice: 9-10:30am	Practice: 9-10:30am	Practice: 9-10:30am	8	9
10	Practice: 9-10:30am	Practice: 9-10:30am	Practice: 9-10:30am	Practice: 9-10:30am	15	16
17	Practice: 9-10:30am	Practice: 9-10:30am	Practice: 9-10:30am	Practice: 9-10:30am	22	23
24	No Practice: Moratorium Week					30
31						

# august

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Practice: 9-10:30am	2 Practice: 9-10:30am	3 Practice: 9-10:30am	4 Practice: 9-10:30am	5	6
7	8 Practice: 9-10:30am	9 Practice: 9-10:30am	10 Practice: 9-10:30am	11 Leave for Team Camp	12 	13 Return from Team Camp
14	15 SEASON BEGINS Practice 3-5 apm	16 Practice: 3-5pm	17 Practice: 3-5pm	18 Practice: 3-5pm	19 Practice: 3-5pm	20
21	22 Practice: 3-5pm	23 Practice: 3-5pm	24 Practice: 3-5pm	25 Practice: 3-5pm	26 Practice: 3-5pm	27
28	29 Practice: 3-5pm	30 Practice: 3-5pm	31 Practice: 3-5pm	Practice: 3-5pm	Practice: 3-5pm	