

Albany Huskies Cross Country 2023



Albany ↔

Coach Kathy Conrad
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2023 AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Albany
MEET

2023 SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
					1 MEET Brainerd 10:00 (7:30) Pizza Ranch (\$15.40)	2 Meet e behind Avon Cath. Church SJJL (Bring \$) (Bring towel) 8:00
3	4 School OPTIONAL FOR GRADES 7-8 3:25	5 1 st Day of School POOL 3:25	6 3:25	7 JH/JV MEET Holdingford 4:15 (3:00)	8 3:25	9 V MEET Monticello 9:30 (7:30) PAK EAT ON WAY BACK
10	11 3:25	12 3:25	13 3:25	14 MEET Little Falls 4:00 (2:15) SUBWAY	15 3:25	16 Goebels 317 Golfview Dr. GARAGE SALE RUN 8:00
17	18 JH/JV Meet Pierz 4:15 (2:15)	19 3:25	20 3:25	21 3:25 POOL	22 V Meet Roy Griak Bus → 8:00 3:00 - Boys 3:45 - Girls	23 School Schwalbe's 16825 363 rd St. AVON
24	25 3:25	26 3:25	27 3:25 EARLY OUT	28 Meet Foley 4:15 (2:15) SUBWAY	29 Homecoming Run & Breakfast OPTIONAL FOR GRADES 7-8 6:30 AM	30 School BIKE DAY 8:00

MEET e
6:30 PM

ALBANY


2023 OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 3:25 ~ POOL ~	3 3:25	4 3:25	5 3:25 ~ POOL ~	6 3:25	7 MEET Alexandria 10:00 (8:00) Will eat on way home
8	9 3:25	10 3:25 ~ POOL ~	11 3:25	12 7-9 MEET ALBANY 4:00	13 3:25	14 8:30 Meet @ bus corral Bushman's
15	16 3:25	17 MEET CONFERENCE Milaca 3:30 (1:15) SUBWAY	18 EARLY OUT 3:25 wrestling Km. LAST SUPPER RUN	19 8:30 Caramel Roll Run VARSITY PRACTICES	20 8:30 2-REVIEWS PK. COOKOUT	21 8:30 LINDBERGH STATE PARK PERKINS
22	23 3:25	24 3:25	25 3:25	26 MEET Section 8AA Little Falls 3:30 (1:30)	27 PRACTICE TIME TBD	28 8:30 QUALITY PARK
29	30 3:25 STATE PRACTICES	31 3:25				

Albany
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2023 NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1 3:25	2 3:25	3 Depart →	4 STATE MEET U of M Les Bolstad Golf Course
5	6	7	8	9	10	11
12 ↔↔↔ BANQUET	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

No Bake Energy Bites

Single

1 cup oatmeal
1/2 c. peanut butter
1/3 c. honey
1 c. coconut flakes
1/2 c. ground flaxseed
1/2 c. mini choc. chips
1 tsp. vanilla

Double

2 cups oatmeal
1 cup peanut butter
2/3 c. honey
2 c. coconut flakes
1 c. ground flaxseed
1 c. mini choc. chips
2 tsp. vanilla

Mix together. Chill for 1/2 hour then roll into balls. Return to refrigerator.

Have fun with these. Try adding: 1 c. dried cranberries or
1 c. granola....

A double batch makes enough to cover the bottom of a
9X13 pan plus another 1/2 dozen.

Subway Box Lunches Cross Country 2023

Player Name: _____

Phone Number: _____

-Please make checks out to Don's I-94- Check# _____ Cash _____

Each box lunch will include a sandwich, cookie, chips, and a Gatorade.

Each sandwich will have meat, American cheese, lettuce & a mayo packet

Please pick one:

_____ 6 inch = \$25.50

_____ 12 inch = \$31.50

Please pick one:

_____ Cold Cut Combo (Ham, Salami, & Bologna)

_____ Turkey

_____ Ham

_____ Turkey and Ham

Date of Meets:

Thursday Sept 14th -2:15pm

Thursday Sept 28th - 2:15pm

Tuesday Oct 17th - 1:15pm

