

2014 *TENTATIVE* CROSS COUNTRY PRACTICE SCHEDULE

Monday	Aug. 18	8:00 A.M.
Tuesday	Aug. 19	8:00 A.M.
Wednesday	Aug. 20	8:00 A.M.
Thursday	Aug. 21	8:00 A.M.
Friday	Aug. 22	8:00 A.M.
Saturday	Aug. 23	No team practice. A recommended work-out will be given to you.
Sunday	Aug. 24	No team practice. A recommended work-out will be given to you.
Monday	Aug. 25	3:10 P.M (Link Leader training until noon)
Tuesday	Aug. 26	3:10 P.M.
Wednesday	Aug. 27	3:10 P.M. (Teacher in-service)
Thursday	Aug. 28	3:10 P.M. (Teacher in-service)
Friday	Aug. 29	8:00 A.M.
Saturday	Aug. 30	Husky Invitational at the City Wells
Sunday	Aug. 31	No team practice. A recommended work-out will be given to you.
Monday	Sept. 1	4:00 P.M. (Labor Day)
Tuesday	Sept. 2	3:10 P.M. (First day of school for freshmen)
Wednesday	Sept. 3	3:10 P.M. (First day of school for upper-classmen)
Thursday	Sept. 4	3:10 P.M.
Friday	Sept. 5	3:10 P.M.

Practices start at 3:10 P.M. every school day except Wednesdays due to teacher collaboration. Your coach will inform you of practice times for each Wednesday. Also, practice time may not be 3:10 on the following date(s):

Monday	Oct. 20	TBA – staff development
--------	---------	-------------------------

FOR YOUR INFORMATION: Starting August 18th until the end of the cross country season, the WIAA prohibits any high school cross country runner from running in any road race. Running road races prior to August 18th is fine, but if you run well enough to win an award, be careful what type of award you accept. Accepting a t-shirt, a medal, or a trophy is okay, but accepting money, a pair of shoes, a gift certificate, a TV set, etc. is a violation of WIAA rules. If you have any questions, give your coach a call. Coach McGraw = 715-855-1406 and Coach Johnson = 715-835-1610.