

# NWMS XC Team Calendar

## August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>31</b> First Day of School	<b>1</b> Athlete Call - Out Meeting  In Cafeteria	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> First Day of Practice 3:40-5:00 <b>BRING WATER!</b>	<b>8</b> Practice 3:40-5:00 <i>Bring A Water Bottle Everyday!</i>	<b>9</b> Practice 3:40-5:00 <i>Bring A Water Bottle Everyday!</i>	<b>10</b> Spirit wear store closes!!!! Practice - 3:40-5:00 Virtual Parent Meeting 6:00pm via Google Meet	<b>11</b> Practice 3:40-5:00 <i>Bring A Water Bottle Everyday!</i>	<b>12</b>
<b>13</b>	<b>14</b> Practice 3:40-5:00 <i>Bring A Water Bottle Everyday!</i>	<b>15</b> Practice 3:40-5:00 <i>Bring A Water Bottle Everyday!</i>	<b>16</b> Practice 3:40-5:00 <i>Bring A Water Bottle Everyday!</i>	<b>17</b> Practice 3:40-5:00 <i>Bring A Water Bottle Everyday!</i>	<b>18</b> Practice 3:40-5:00 <i>Bring A Water Bottle Everyday!</i>	<b>19</b>
<b>20</b>	<b>21</b> Practice 3:40-5:00 <i>Bring A Water Bottle Everyday!</i>	<b>22</b> Practice 3:40-5:00 <i>Bring A Water Bottle Everyday!</i>	<b>23</b> eLearning Day <b>NO PRACTICE</b>	<b>24</b> Practice 3:40-5:00 <i>Bring A Water Bottle Everyday!</i>	<b>25</b> Practice 3:40-5:00 <i>Bring A Water Bottle Everyday!</i>	<b>26</b> @Zionsville MS Invite - 8:30AM
<b>27</b>	<b>28</b> Practice 3:40-5:00 <i>Bring A Water Bottle Everyday!</i>	<b>29</b> Practice 3:40-5:00 <i>Bring A Water Bottle Everyday!</i>	<b>30</b> Practice + Team Pictures 3:40-5:00 <i>Bring A Water Bottle Everyday!</i>	<b>31</b> @HSE JH 5:30		
<b>Important Reminders</b>						
Practice "end times" signify when teams will be finished with their workouts/stretches and ready for pickup. Athletes will not go into the locker rooms at the end of practice - their belongings will already be outside.			XC meet dates include the official start time for the first race - there is a possibility that these could change, and coaches will communicate any changes that are made in advance. More details for each meet will be sent approximately a week in advance. Thanks!		Please help your athlete perform the best that they can this season! Remind them to hydrate before and after each run and rest whenever they can! We have a very long season, and maintaining health and endurance is the key to success!	

# NWMS XC Team Calendar

## September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NO PRACTICE	2
3	4 LABOR DAY NO PRACTICE	5 Home vs Fishers JHS 5:30	6 Practice 3:40-5:00	7 Home vs Creekside MS 5:30	8 Practice 3:40-5:00	9
10	11 Practice 3:40-5:00	12 @Riverside Invite 5:30	13 Practice 3:40-5:00	14 @ Clay MS 5:30	15 At Home Workout NO PRACTICE <i>homecoming early release</i>	16 Miller Shamrock Invite @WRE 9:00AM
17	18 Practice 3:40-5:00	19 Home vs Carmel MS 5:30	20 eLearning Day NO PRACTICE	21 Practice 3:40-5:00	22 Practice 3:40 - 5:00	23
24	25 @ NEMS 5:30	26 Practice @ White River 3:40-5:15 County Participants Only	27 Practice @ White River 3:40-5:15 County Participants Only	28 County Meet @WRE 6:00		
	<b>IMPORTANT INFORMATION</b>					
	More specific meet details will be shared closer to each event. As coaches receive meet details, they will forward it to families. If you are not receiving weekly email updates from coaches with this information, please let them know!					