

NWMS XC Team Calendar

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 First Day Of School!	2 Call-Out Meeting NWMS Cafeteria SLT (3:10-3:30)	3
4 MOSQUITO TREATMENT STAY OFF COURSE!	5 First Day of Practice 3:45-5:00 BRING WATER!	6 Practice 3:45-5:00 BRING WATER!	7 3:10 Early Release Practice 3:15-4:30	8 Practice 3:45-5:00	9 Practice 3:45-5:00	10
11	12 Practice 3:45-5:00	13 Practice 3:45-5:00 Parent Meeting 5:15pm	14 3:10 Early Release Practice 3:15-4:30	15 Practice 3:45-5:00 Team Pictures	16 Practice 3:45-5:00	17
18	19 Practice 3:45-5:00	20 Practice 3:45-5:00	21 3:10 Early Release Practice 3:15-4:30	22 Practice 3:45-5:00	23 Practice 3:45-5:00	24
25	26 Home vs. Carmel MS 5:00-7:00	27 Practice 3:45-5:00	28 eLearning Day @Zionsville MS Hokum-Karum 6:00-9:00	29 Practice 3:45-5:00	30 NO PRACTICE	31
Important Reminders						
Practice "end times" signify when teams will be finished with their workouts - please allow an additional 5-10 minutes for your athlete to collect their belongings from the locker room before they are ready to be picked up. If you need help arranging carpools with other families, please let coaches know!		CC meet dates include the official start time for the first race. The "end time" listed is only an approximation to help families plan throughout the season. More detailed times for each meet will be sent approximately a week in advance. When scheduling around CC, please keep these times in mind for when your athlete should be available for other activities. 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 SEPT/OCT 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 September MOSQUITO TREATMENT STAY OFF COURSE!	2 LABOR DAY NO PRACTICE	3 Practice 3:45-5:00	4 3:10 Early Release Practice 3:15-4:30	5 @HSE JHS 5:00-7:00	6 Practice 3:45-5:00	7
8	9 Practice 3:45-5:00	10 Practice 3:45-5:00	11 3:10 Early Release Practice 3:15-4:30	12 Home vs Creekside MS 5:00-7:00	13 Practice 3:45-5:00	14
15	16 Practice 3:45-5:00	17 @Riverside Invite 5:30-8:30	18 Practice 3:45-5:00	19 @Clay MS 5:00-7:00	20 3:10 Early Release HOMECOMING NO PRACTICE	21 Miller Shamrock Invite @WRE 9:00-11:30
22	23 Practice 3:45-5:00	24 Practice 3:45-5:00	25 3:10 Early Release Practice 3:15-4:30	26 Practice 3:45-5:00	27 Practice 3:45-5:00	28
29	30 @NEMS (WRE) 5:00-7:00	1 October Practice 3:45-5:00	2 3:10 Early Release @Pendleton Heights Invite 5:00-8:30	3 Practice 3:45-5:00 State Meet & County Participants Only	4 Practice 3:45-5:00	5 @State Meet (Optional) Time TBD
6	7 Practice 3:45-5:00 County Participants Only	8 @County Meet @WRE - 5:30-8:00 ALL Team Members Attend	IMPORTANT INFORMATION			
<p>All team members compete in the Pendleton Heights Invite on 10/2. The State Meet on 10/5 is optional due to an additional registration fee. There are JV races in the State Meet and everyone is encourage to compete! Only the top varsity runners compete in the County Meet on 10/8 - there are no JV races. Everyone will attend the County Meet to compete and/or support the team. All team members will also clean out their CC lockers and turn in their uniforms on 10/8 as well. There will be a team bus to and from the meet.</p>						