



Central High School **CROSS COUNTRY**

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Central Cross Country 2018

IMPORTANT DATES!

May 30	Parent Meeting at 6:00 p.m., CHS All Purpose Room
June 12	Summer runs at Silver Lake Park begin. Every Tuesday at 6:30 p.m. Meet at the beach.
July 5	Summer runs at Silver Lake Park extend to Tuesday and Thursday at 6:30 p.m.
July 11 & August 1	Repeat Wednesdays at Central High School at 6:30 p.m.
August 13 (Monday)	Practice begins at <u>8:30 a.m.</u> at Silver Lake Park, Lot #3 (by the soccer fields). Make work arrangements prior to this date. Missed practices due to work commitments will not be in your best interest. Also, all forms, fees, and physicals must be taken care of before you practice. Don't miss practice for these reasons. It will likely cost you the first meet!
August 15 (Wednesday)	Cross Country Parents Meeting at 6:00 p.m. at CHS All Purpose Room
Contact:	Coach Olsen olsenk@westosha.k12.wi.us 262-914-4096

2018 CENTRAL CROSS COUNTRY SCHEDULE

Mon., Aug. 13	Practice Starts	Silver Lake Park
Wed., Aug. 15	Parents Meeting	CHS AP Room (6:00 p.m.)
Wed., Aug. 22	Antioch Triangular	Fox River Park
Fri., Aug. 31	West Allis Hale Invite	Greenfield Park
Thurs., Sept. 6	Conference Relays	Parkside
Sat., Sept. 15	Angel Invite	Parkside
Sat., Sept. 22	Laser Invite	Kettle Moraine
Thurs., Sept. 27	County Meet	Parkside
Thurs., Oct. 4	Falcon Invite	Fox River Park
Sat., Oct. 13	Conference Meet	Lake Geneva
Thurs. Oct. 18	South Milwaukee (JV)	Grant Park (So. Milwaukee)
Sat. Oct 20	Sectional Meet	UW-Parkside
Sat., Oct. 27	State Meet	Wisconsin Rapids

CROSS COUNTRY

About The Sport

Cross Country is a foot race over grass, through trails and over hills. It requires strength, speed and strong mental toughness. It is unlike any other sport in that each team member is doing the exact same thing, with the same goals, responsibilities and blind faith that everyone is performing at his/her best to achieve victory. Cross Country is a sport that maximizes individual effort.

Regardless of the competition you face you can always race against, and measure your improvement, by the watch. Cross Country is an extremely demanding sport that will challenge the strongest and most competitive athlete. Unfortunately it has received some very misconceived stereotypes.

Cross Country is for athletes that enjoy competition and testing the limits of their bodies. It has an aura about it that must be experienced to be appreciated. Take the challenge – experience the experience – Run Central Cross Country!

Some Facts About Cross Country

1. No one rides the bench – No one is ever cut.
2. Greater opportunities to letter and win medals.
3. Dynamic team sport.
4. Excellent individual opportunities.
5. Excellent overall conditioning sport.
6. Incorporates the basic physical activity found in almost all competitive sports and training.
7. Lifetime sport.

Facts About Central Cross Country, A Program with “Pride in our Stride”

Since 1987 Central Cross Country has claimed . . .

- Fifteen County Championships
- Twenty-five Conference Championships
- Twelve State Qualifying Teams
- Numerous Individual State Qualifiers
- Twenty-two Individual Conference Champs
- Eleven Individual County Champs

SPEED VS. STAMINA NEEDED FOR VARIOUS DISTANCES

<u>Distance</u>	<u>Speed</u>	<u>Stamina</u>
100 Yards	95%	5%
200 Yards	90%	10%
440 Yards	80%	20%
880 Yards	65%	35%
1 Mile	50%	50%
5K	20%	80%
6 Miles	10%	90%
Marathon (26 miles)	5%	95%

Probably in no other sport is mental conditioning so important to success as in Cross Country. Cross Country is known as a sport where there is “mind over matter”.

The distance runner must learn to use the mental factors involving the ability to ignore pain, determination, ability to stand suffering, courage, desire to be successful, and achieve running success.

GUIDES TO ACHIEVING YOUR POTENTIAL

- Allow for accomplishment through progression
- Develop a strong base before the season
- Have individual goals
- Have team goals
- Show team loyalty
- Strive to run to the best of your ability (desire to excel – maximum effort can become a habit)
- Develop self confidence and a winning attitude
- Demand and expect discipline
- Be willing to sacrifice (Sweat + Sacrifice = Success)
- Be patient, realistic and consistent
- Place emphasis on participation rather than coming in first
- Challenge yourself to the limit on occasion (hard runs, long runs and races)
- Avoid injuries, stay healthy
- If willing to pay the price in the summer, you will not have to pay the price in the fall (losing)

2017 SEASON SUMMARY

	<u>GIRLS</u>		<u>BOYS</u>	
CONFERENCE RECORD	10-4	714%	1-13	007%
SEASON RECORD (NOT INCLUDING STATE)	75-48	609%	30-95	240%

	<u>GIRLS</u>		<u>BOYS</u>	
	<u>PLACE</u>	<u>TIME/PTS</u>	<u>PLACE</u>	<u>TIME/PTS</u>
PALMYRA EAGLE	7 TH	175	7 TH	179
WEST ALLIS HALE	11 TH	264	13 TH	378
CONFERENCE RELAYS	3 RD	111:59	7 TH	97:53
ANGEL INVITE	11 TH	402	28 TH	746
LASER INVITE	7 TH	114:15	16 TH	100.01
COUNTY MEET	4 TH	91	7 TH	160
FALCON INVITE	5 TH	130	7 TH	179
CONFERENCE MEET	3 RD	79	7 TH	164
SECTIONAL MEET	6 TH	160	12 TH	304
SEASON BEST TIME	106:01 @ SECTIONALS (UWP)		92:55 @ COUNTY (UWP)	
SCHOOL RECORD TIME	102.14 @ 2014 FALCON (FOX RIVER)		84:04 @ 2015 SECTIONALS (UWP)	
INDIVIDUAL RECORD	14:55 (4K) – MELISSA CAPRA (UWP)		15:53 – TONY ESCARCEGA (UWP)	
	18:45 (5K) – MELISSA CAPRA (STATE, RIDGES GOLF COURSE, WIS. RAPIDS)			

JUNIOR VARSITY RESULTS

	<u>GIRLS</u>		<u>BOYS</u>	
	<u>PLACE</u>	<u>TIME/PTS</u>	<u>PLACE</u>	<u>TIME/PTS</u>
PALMYRA EAGLE	4 TH	121	2 ND	62
WEST ALLIS HALE	12 TH	358	10 TH	277
ANGEL INVITE	17 TH	461	13 TH	336
LASER INVITE	9 TH	282	7 TH	203
COUNTY MEET	3 RD	80	4 TH	97
FALCON INVITE	4 TH	88	5 TH	102
CONFERENCE MEET	3 RD	95	4 TH	118
SOUTH MILWAUKEE	10 TH	314	14 TH	333
SEASON RECORD	62-54	534%	67-51	567%

2017 RUNNERS OF THE WEEK



#1	ETHAN CHYLA	MADILYNN MITACEK
#2	AUSTIN SCHWAB	KELSI SANTOS
#3	CHRISTOPHER BLAKE-DELONG & DYLAN HARTNEK	HEAVEN ANDERSON & JESSICA SHEEN
#4	BOBBY BULLARD	ANASTASIA DOYLE-BRUCE
#5	FRANK QUINONES	LAUREN LAMEY & SAMANTHA CEISEL
#6	KYLE PFLUG & LOGAN SPERLING	MEGHAN CAPRA & MADISON LEROY
#7	COLTEN GREENHILL	JADE FLUGER
#8	CURTIS VINEYARD & EDDY JAHNEKE	MACKENZIE FARM
#9	ALEX RUBENACKER & CARSON EDQUIST	MACKENZIE MACCAUX & JORDYN DAHLBERG
#10	ALEXANDER DAWSON & LOGAN DEEGAN	ALEXANDRA DENMAN & GRACE KRUEGER

SUMMER PRIDE CLUB

MAROON (T-SHIRTS)

MEGHAN CAPRA

HEAVEN ANDERSON

SILVER (CERTIFICATES)

CARSON EDQUIST
JONATHAN FILIATREULT

EDDY JAHNEKE
AUSTIN SCHWAB

LOGAN SPERLING

ANASTASIA DOYLE-BRUCE
MADISON LEROY

2017 "4 YEARS OF PRIDE IN OUR STRIDE" RECIPIENTS

ALEXANDER DAWSON
JONATHAN FILIATREULT
COLTEN GREENHILL

WILLIAM HEHN
NATHAN MARTIN
AUSTIN SCHWAB
LOGAN SPERLING

MEGHAN CAPRA
BRIELLE GUNDERSON
JOSEPHINE HUNTER

KATIE KELLER
CHELSEA LAMP
MACKENZIE MACCAUX

Summer Pride Club is sponsored by Mike Cassity and Proforma Corporation. A special thanks to them.

CENTRAL CROSS COUNTRY SHEET OF FAME

GIRLS

5K SCHOOL RECORD: MELISSA CAPRA 2014 18:45 STATE MEET, RIDGES GOLF COURSE WIS RAPIDS
TEAM RECORD 5K: 2014 102:14 FALCON INVITE, FOX RIVER PARK

STATE QUALIFIERS

1979	MARY HASKE	44	12:34
1980	MARY HASKE	32	12:32
1981	MARY HASKE	19	12:00
1982	MARY HASKE	16	11:53
1983	KRIS MASNICA	60	
1984	KRIS MASNICA	24	12:00
1998	DARCI ROBINSON	76	16:01
1999	DARCI ROBINSON	35	15:34
2000	DANA CALZAVARA	54	15:43
2001	DANA CALZAVARA	68	15:44
2002	JESSICA LAMP	46	15:30
2003	JESSICA LAMP	28	15:16
2004	JESSICA LAMP	20	15:26
2009	HANNAH ANDREKUS	66	15:56
2015	MEGHAN CAPRA	92	20:25
2016	MEGHAN CAPRA	56	19:48
2017	HEAVEN ANDERSON	106	20:34
2017	MEGHAN CAPRA	41	19:45

SECTIONAL CHAMPIONS

1980	MARY HASKE	12:32
1982	MARY HASKE	11:44
2013	MELISSA CAPRA	14:55

REGIONAL CHAMPIONS

COUNTY CHAMPIONS

1982	MARY HASKE	11:57
1984	KRIS MASNICA	12:26
1988	JENNI CLARK	12:29
1999	DARCI ROBINSON	15:37
2001	DANA CALZAVARA	15:58
2013	MELISSA CAPRA	15:06
2014	MELISSA CAPRA	19:36
2015	MEGHAN CAPRA	19:56

STATE QUALIFYING TEAMS

1979	GIRLS	CLASS A	
1998	GIRLS	DIVISION 1	15 TH
1999	GIRLS	DIVISION 1	15 TH
2012	GIRLS	DIVISION 1	13 TH
2013	GIRLS	DIVISION 1	14 TH
2014	GIRLS	DIVISION 1	17 TH

SECTIONAL CHAMPIONSHIPS

1979	GIRLS	CLASS A
1998	GIRLS	DIVISION 1
2012	GIRLS	DIVISION 1
2013	GIRLS	DIVISION 1

REGIONAL CHAMPIONSHIPS

CONFERENCE CHAMPIONSHIPS

1997, 1998, 1999, 2000, 2001, 2003, 2005, 2008,
2012, 2013, 2014, 2016

CONFERENCE CHAMPIONS

1978	LOUISE HASKE	12:00
1979	MARY HASKE	12:42
1980	MARY HASKE	13:13
1981	MARY HASKE	11:59
1982	MARY HASKE	12:18
1983	KRIS MASNICA	12:18
1999	DARCI ROBINSON	15:43
2000	DARCI ROBINSON	16:17
2001	DANA CALZAVARA	15:52
2002	JESSICA LAMP	15:35
2003	JESSICA LAMP	15:31
2004	JESSICA LAMP	15:55
2008	CANDICE MORETTI	15:45
2012	MELISSA CAPRA	15:35
2013	MELISSA CAPRA	15:12
2014	MELISSA CAPRA	19:50

DIVISIONAL CHAMPIONS

1984	KRIS MASNICA	12:06
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COUNTY TEAM CHAMPIONS

1979, 1982, 1983, 1984, 1985, 1989, 1990, 1991,
1999, 2000, 2001, 2012, 2013, 2014, 2016

SOUTHERN LAKES DIV. CHAMPIONSHIPS

1989, 1990, 1992

CONFERENCE RELAY CHAMPIONS

1998, 1999, 2000, 2001, 2002, 2004, 2005, 2012,
2013, 2014, 2015

CENTRAL CROSS COUNTRY SHEET OF FAME

BOYS

5K SCHOOL RECORD: TONY ESCARCEGA 1991 15:53 COUNTY MEET @ UW-PARKSIDE
TEAM RECORD 5K: 2015 84:04 SECTIONAL MEET @ UW-PARKSIDE

STATE QUALIFIERS

1983	STEVE LUDWIG	81	17:12
1987	MIKE MANOWSKI	62	16:43
1989	SHANE CARR	17	16:22
1990	TONY ESCARCEGA	107	17:56
1991	TONY ESCARCEGA	12	17:03
1997	CHAD ROBINSON	47	17:08
1998	CHAD ROBINSON	35	16:43
2000	TOM OBENAUF	42	16:43
2001	ADAM ANDERSON	36	16:38
2001	TOM OBENAUF	31	16:37
2003	JOSH MONSON	34	16:29
2006	MARCUS ANDERSON	40	16:53
2006	MARCUS HAWKINS	101	17:27
2006	ROBERT MEYERS	111	17:31
2009	ERIK CARLSON	82	17:10
2013	JACOB HEBIOR	33	16:37
2013	SHANE MCNEALY	128	17:29
2015	JACOB HEBIOR	75	17:12
2016	SHEEL PATEL	27	16:25

SECTIONAL CHAMPIONS

1991	TONY ESCARCEGA	16:07
2013	JACOB HEBIOR	16:05
2015	JACOB HEBIOR	16:05

REGIONAL CHAMPIONS

1974 LAURENS BITTER

COUNTY CHAMPIONS

1972	JOE BELANGER	
1973	LAURENS BITTER	
1988	MIKE MANOWSKI	17:30
1989	TONY ESCARCEGA	15:51
1990	TONY ESCARCEGA	16:56
1991	TONY ESCARCEGA	15:53
1998	CHAD ROBINSON	16:29
2015	JACOB HEBIOR	16:05

STATE QUALIFYING TEAMS

1972	BOYS	CCM	
1988	BOYS	CLASS A	15 TH
1989	BOYS	CLASS A	15 TH
1998	BOYS	DIVISION 1	15 TH
2010	BOYS	DIVISION 1	18 TH
2011	BOYS	DIVISION 1	18 TH
2012	BOYS	DIVISION 1	13 TH
2014	BOYS	DIVISION 1	17 TH

SECTIONAL CHAMPIONSHIPS

REGIONAL CHAMPIONSHIPS

1972	BOYS	CCM
1974	BOYS	CCM

CONFERENCE CHAMPIONSHIPS

1990, 1996, 1998, 1999, 2000, 2001, 2002, 2003,
2004, 2006, 2010, 2011, 2012, 2015

CONFERENCE CHAMPIONS

1988	MIKE MANOWSKI	16:30
1989	SHANE CARR	16:34
1991	TONY ESCARCEGA	16:01
1998	CHAD ROBINSON	16:56
2000	TOM OBENAUF	16:58
2001	TOM OBENAUF	16:34
2003	JOSH MONSON	16:59
2011	CASEY MERRILL	16:27
2012	TYLER FIEBELKORN	16:28
2013	JACOB HEBIOR	16:19
2014	JACOB HEBIOR	16:31
2015	JACOB HEBIOR	16:28
2016	SHEEL PATEL	16:41

DIVISIONAL CHAMPIONS

1988	RANDY SCHULTZ	16:50
1989	SHANE CARR	16:29
1991	TONY ESCARCEGA	16:27

COUNTY TEAM CHAMPIONS

1972, 1974, 1988, 1989, 1990, 1998, 1999, 2012

SOUTHERN LAKES DIV. CHAMPIONSHIPS

1988, 1989, 1990, 1994, 1996

CONFERENCE RELAY CHAMPIONS

1996, 1999, 2000, 2001, 2002, 2003, 2004, 2006,
2011, 2012, 2014, 2015

DR BEGINNING RUNNERS

If you're just beginning a fitness program, the best and most effective way to start is through walking. Continuous walking will slowly prepare your legs

for the upcoming stages and will also help you develop a consistent daily routine. Check the appropriate box after each day's activity.

Once you've progressed to Day 7, you may decide to jog every fourth minute, but make sure you jog for no longer than one minute.

Walk 20 Minutes

Walk 30 Minutes

Stage 1

Run 2 minutes, walk 4 minutes.
Complete the sequence five times.

Stage 2

Run 3 minutes, walk 3 minutes.
Complete the sequence five times.

Stage 3

Run 5 minutes, walk 2.5 minutes.
Complete the sequence four times.

Stage 4

Run 7 minutes, walk 3 minutes.
Complete the sequence three times.

Stage 5

Run 8 minutes, walk 2 minutes.
Complete the sequence three times.

DAY 1	DAY 2	DAY 3	DAY 4
DAY 5	DAY 6	DAY 7	DAY 8

DAY 1	DAY 2	DAY 3	DAY 4
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DAY 1	DAY 2	DAY 3	DAY 4
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DAY 1	DAY 2	DAY 3	DAY 4
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DAY 1	DAY 2	DAY 3	DAY 4
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DAY 1	DAY 2	DAY 3	DAY 4
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Stage 6

Run 9 minutes, walk 2 minutes.
Complete the sequence twice and then run 8 minutes.

Stage 7

Run 9 minutes, walk 1 minute.
Complete the sequence three times.

Stage 8

Run 13 minutes, walk 2 minutes.
Complete the sequence twice.

Stage 9

(DOUBLE STAGE)
Run 14 minutes, walk 1 minute.
Complete the sequence twice.

Stage 10

(DOUBLE STAGE)
Run for 30 minutes.

DAY 1	DAY 2	DAY 3	DAY 4
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DAY 1	DAY 2	DAY 3	DAY 4
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DAY 1	DAY 2	DAY 3	DAY 4
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DAY 1	DAY 2	DAY 3	DAY 4
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DAY 5	DAY 6	DAY 7	DAY 8
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DAY 1	DAY 2	DAY 3	DAY 4
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DAY 5	DAY 6	DAY 7	DAY 8
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WEIGHT TRAINING

Weight training for runners is not the same as weight training for other sports. The goal is to increase strength, but not at the expense of building any bulk. In order to accomplish this, a runner's weight training program consists of lighter weights with more repetitions. Reps should be done slowly with the focus on good form and technique. Here is a list of exercises that I want you to incorporate.

Push-ups
Sit-ups
Pull-ups
Dips
Lunges

Box Squat
Bench Press
Curls
Leg Press
Arm Swings
(2-5 lb. wts. while standing in place)

Beginning on June 12th, we have 9 weeks before we begin practice on

Monday, August 13th

You have been given a nine-week summer training program. This program will definitely prepare you for the upcoming season and greatly increase our chances to achieve the goals for next fall and to maintain the strong Central Cross Country tradition. This program is very progressive in frequency of runs and intensity of runs. It is made up of six components:

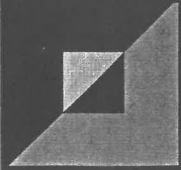
1. Steady pace runs – done once or twice per week in all 3 phases. These are comfortable pace runs that should increase in duration by 5:00/month.
2. Pick-up runs – done once or twice per week in all phases – similar to steady pace runs in durations with various pick-ups throughout. These runs help improve form and break up the run. Pickups should be :15 - :30 in duration and should focus on running tall with a strider pace and feel.
3. Long distance runs – done once per week in all phases and should be 10:00 longer than steady pace runs. Slightly easier pace than steady pace runs, but harder than recovery runs.
4. Strength workouts – done once every two weeks beginning in phase 2. Duration and intensity varies by athlete and fitness.
5. Speed workouts – done once every two weeks beginning in phase 2. Duration and intensity varies by athlete and fitness.
6. Recovery runs – done once per week in phases 2 and 3. These runs should follow your workouts and should be the same duration as your steady pace runs but at an easier pace.

* Steady pace runs should begin at a minimum of 15:00.

* All workouts and pick-up runs should range between 20-35:00.

Example:

	June	July	August
Runner X SP	15:00	20:00	25:00
LD	25:00	30:00	35:00
Runner Y SP	30:00	35:00	40:00
LD	40:00	45:00	50:00



June 2018

PHASE I

Weeks 1—3

Phase I: Run 3-4 days per week with 1-2 days of alternate activity (bike = 2x, swim = 1/2)

Week #1
 2 x SP
 1 x LD
 1 x PU

Week #2
 2 x SP
 1 x LD
 1 x PU

Week #3
 2 x SP
 1 x LD
 1 x PU

KEY:

SP Steady Pace Run
 LD Long Distance Run
 PU Steady Pace Run w/Various Pick-Ups
 ST WO Strength Workout
 SP WO Speed Workout

Central High School Cross Country

Coach Olsen Cell: 914-4096
 olsenk@westosha.k12.wi.us

MORE RACE INFO @ badgerlandstriders.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Graduation	4	5	6	7	8	9
10	11	12 6:30 p.m. Silver Lake Park	13	14	15	16
17	18	19 6:30 p.m. Silver Lake Park	20	21	22	23
24	25	26 6:30 p.m. Silver Lake Park	27	28	29	30

Week #1

Week #2

Week #3

Central High School Cross Country

PHASE 2 Weeks 4—6

July 2018

Phase 2:
Run 4-5 days per week with
1-2 days of alternate activity

Week #4
1 x SP
1 x LD
1 x PU
1 x ST WO
1 x RR

Week #5
1 x SP
1 x LD
1 x PU
1 x SP WO
1 x RR

Week #6
2 x SP
1 x LD
1 x PU
1 x ST WO
1 x RR

Week #7
Begins Phase 3
1 x SP
2 x LD
1 x PU
1 x SP WO
1 x RR

KEY:
SP Steady Pace Run
LD Long Distance Run
PU Steady Pace Run w/Variou Pick-Ups
ST WO Strength Workout
SP WO Speed Workout
RR Recovery Run

Central High School Cross Country

Coach Olsen Cell: 914-4096
olsentk@westosha.k12.wi.us

MORE RACE INFO @ badgerlandstriders.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 6:30 p.m. Silver Lake Park	3 6:30 p.m. Silver Lake Park	4	5 6:30 p.m. Silver Lake Park	6	7
8	9 6:30 p.m. Silver Lake Park	10 6:30 p.m. Silver Lake Park	11 6:30 p.m. @ CHS Track Repeat Wednesday	12 6:30 p.m. Silver Lake Park	13	14
15	16 6:30 p.m. Silver Lake Park	17 6:30 p.m. Silver Lake Park	18	19 6:30 p.m. Silver Lake Park	20	21
22	23 6:30 p.m. Silver Lake Park	24 6:30 p.m. Silver Lake Park	25	26 6:30 p.m. Silver Lake Park	27	28
29	30 6:30 p.m. Silver Lake Park	31 6:30 p.m. Silver Lake Park				

Week #4

Week #5

Week #6

Week #7
Begin Phase 3

Week #8

Central High School Cross Country

PHASE 3 Weeks 7—9

August 2018

Phase 3: Run 3-4 days per week with 1-2 days of alternate activity

Week #8
 2 x SP
 1 x PU
 1 x LD
 1 x ST WO
 1 x RR

Week #9
 2 x SP
 2 x PU
 2 x LD

KEY:

- SP Steady Pace Run
- LD Long Distance Run
- PU Steady Pace Run w/Various Pick-Ups
- ST WO Strength Workout
- SP WO Speed Workout
- RR Recovery Run

Central High School Cross Country

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MORE RACE INFO @ badgerlandstriders.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6:30 p.m. @ CHS Track Repeat Wednesday	2 6:30 p.m. Silver Lake Park	3	4
5	6 6:30 p.m. Silver Lake Park	7	8	9 6:30 p.m. Silver Lake Park	10	11
12	13 8:30-11:00 a.m. Practice Silver Lake Park Lot #3	14 8:30-11:00 a.m. Practice Silver Lake Park Lot #3	15 8:30-11:00 a.m. Practice SLP 6:00 Parent Meeting @ CHS	16 8:30-11:00 a.m. Practice Silver Lake Park Lot #3	17 8:30-11:00 a.m. Practice Silver Lake Park Lot #3	18
19	20 3:00-5:00 p.m. Practice @ CHS	21 3:00-5:00 p.m. Practice @ Fox River Park	22 Antioch Triangular Meet	23 3:00-5:00 p.m. Practice @ CHS	24 3:00-5:00 p.m. Practice @ CHS	25
26	27 3:00-5:00 p.m. Practice @ CHS	28 3:00-5:00 p.m. Practice @ CHS	29 3:00-5:00 p.m. Practice @ CHS	30 3:00-5:00 p.m. Practice @ CHS	31 West Allis Hale Invite	

Week #8

Week #9

Central High School Cross Country

