

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	31	1	2	3 Fall Workouts 12pm - 2pm	4 Fall Workouts 12pm - 2pm	5
6	7 S&C 9am - 11am (running shoes)	8 Fall Workouts 12pm - 2pm	9 S&C 9am - 11am (running shoes)	10 Fall Workouts 9am - 11am	11	12
13	14	15	16	17	18	19
20	21 <i>1st Day School</i>	22 Fall Workouts 3:15-4:45	23	24 S&C 3:15-5:30pm (running shoes)	25	26 Fall Workouts 9-11
27	28	29 Fall Workouts 3:15-4:45	30 S&C 3:15-5:30pm (running shoes)	31 Fall Workout 5:30-7:30		

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Fall Workouts 9-11
3	4 <i>Labor Day</i>	5 Fall Workouts 3:15-4:45	6 S&C 3:15-5:30pm (running shoes)	7 Fall Workouts 3:15-4:45	8	9 Fall Workouts 9-11
10	11	12 Fall Workouts 3:15-4:45	13 S&C 3:15-5:30pm (running shoes)	14 Fall Workouts 3:15-4:45	15	16 Fall Workouts 9-11
17	18	19	20 S&C 3:15-5:30pm (running shoes)	21 Fall Workouts 3:15-4:45	22	23 Fall Workouts 9-11
24	25	26	27 S&C 3:15-5:30pm (running shoes)	28 Fall Workouts 3:15-4:45	29	30 Fall Workouts 9-11

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Fall Workouts 3:15-4:45	4 S&C 3:15-5:30pm (running shoes)	5	6	7 <i>Homecoming</i>
8	9	10 Fall Workouts 3:15-4:45	11 S&C 3:15-5:30pm (running shoes)	12 Fall Workouts 3:15-4:45	13	14 Fall Workout 9-11
15	16	17 Fall Workouts 3:15-4:45	18 Fall Workouts 3:15-4:45	19 S&C 3:15-5:30pm (running shoes)	20	21 Fall Workout 9-11
22	23	24 Fall Workouts 3:15-4:45	25 S&C 3:15-5:30pm (running shoes)	26 TBA	27 TBA	28 Fall Workout 9-11
29	30 TBA	31 <i>Halloween</i>				

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <i>TBA</i>	2 <i>TBA</i>	3 <i>TBA</i>	4
5	6 <i>Tryouts TBA</i>	7 <i>Tryouts TBA</i>	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23 <i>Thanksgiving</i>	24	25
26	27	28	29	30		