

HIJH Cross Country

August 2019

Positive Accountable Well-Mannered Safe

Coach Aaron Beck

Coach Deb Satterfield

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>We run all summer on Saturdays. See bottom of October for notes.</p>	<p>July 29</p> <p>CC preseason practice 9:00-10:30 at HIJH</p>	<p>July 30</p> <p>CC preseason practice 9:00-10:30 at HIJH</p>	<p>July 31</p> <p>Panther Preview No practices</p>	<p>1</p> <p>CC official practice 9:00-10:30 at HIJH</p>	<p>2</p> <p>No CC practice</p>	<p>3</p> <p>CC practice 7:30-8:30 at Flat Fork Creek Park</p>
<p>4</p>	<p>5</p> <p>HSE Teacher Work Day CC practice 3:00-4:15 at HIJH</p>	<p>6</p> <p>HSE Teacher Work Day CC practice 3:00-4:15 at HIJH</p>	<p>7</p> <p>HSE First Day of School CC practice 3:00-4:15 at HIJH</p>	<p>8</p> <p>CC practice 3:00-4:15 at HIJH LAST DAY TO JOIN TEAM</p>	<p>9</p> <p>No CC practice</p>	<p>10</p> <p>CC course work day, Parent Meeting, and Cookout at HIJH</p>
<p>11</p>	<p>12</p> <p>Study Tables in Café from 2:30-3:30 CC practice 3:30-4:30 at HIJH</p>	<p>13</p> <p>CC practice 3:00-4:15 at HIJH</p>	<p>14</p> <p>CC practice 3:00-4:15 at HIJH</p>	<p>15</p> <p>CC practice 3:00-4:15 at HIJH</p>	<p>16</p> <p>No CC practice</p>	<p>17</p> <p>CC practice 7:30-8:30 at Flat Fork Creek Park</p>
<p>18</p> <p>No CC practice</p>	<p>19</p> <p>Study Tables in Café from 2:30-3:30 CC practice 3:30-4:30 at HIJH</p>	<p>20</p> <p>CC practice 3:00-4:15 at HIJH</p>	<p>21</p> <p>CC practice 3:00-4:15 at HIJH</p>	<p>22</p> <p>CC practice 3:00-4:15 at HIJH</p>	<p>23</p> <p>No CC practice</p>	<p>24</p> <p>CC practice 7:30-8:30 at Flat Fork Creek Park</p>
<p>25</p> <p>No CC practice</p>	<p>26</p> <p>Study Tables in Café from 2:30-3:30 CC practice 3:30-4:30 at HIJH</p>	<p>27</p> <p>CC practice 3:00-4:15 at HIJH</p>	<p>28</p> <p>CC practice 3:00-4:15 at HIJH</p>	<p>29</p> <p>Home Meet - vs New Pal Jr H with Westfield at 5:30</p>	<p>30</p> <p>No CC practice</p>	<p>31</p> <p>CC practice 7:30-8:30 at Flat Fork Creek Park</p>

HIJH Cross Country September 2019

Positive Accountable Well-Mannered Safe

Coach Aaron Beck Coach Deb Satterfield

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 CC practice 3:00-4:15 at HIJH	3 Away Meet @ Northview Hustle (at North Central HS) 5:00	4 CC practice 3:00-4:15 at HIJH	5 Home Meet vs Noblesville West 5:00 pm	6 No CC practice	7 District Meet at HSE High School at 9:00 am.
8 No CC practice	9 LABOR DAY NO SCHOOL No Practice	10 Away Meet at White River Elem with Carmel/Noble East at 5:00	11 CC practice 3:00-4:15 at HIJH	12 Away Meet at Fall Creek Valley with Pend Hts at 5:30	13 Mid-term 1 No CC practice	14 CC practice 7:30-8:30 Flat Fork Creek Park
15 No CC practice	16 Study Tables in Café from 2:30-3:30 CC practice 3:30-4:30 at HIJH	17 Home Meet vs Clay MS at 5:00pm	18 Away Meet vs Mt. Vernon M.S. at 5:00 @Fortville Elementary	19 CC practice 3:00-4:15 at HIJH	20 No CC practice	21 CC practice 7:30-8:30 Flat Fork Creek Park
22 No CC practice	23 Study Tables in Café from 2:30-3:30 CC practice 3:30-4:30 at HIJH	24 Away Meet at Belzer M.S. at 5:00	25 CC practice 3:00-4:15 at HIJH	26 Home Meet at Creekside M.S. at 5:30	27 No CC practice	28 Away Meet at Bearcat Invitational at Fall Creek Valley M.S. at 9:00 am
29	30 Camp Tecumseh Week Practice information will come later. All others regular Monday schedule.					

--	--	--	--	--	--	--

HIJH Cross Country October 2019

Positive Accountable Well-Mannered Safe Coach Aaron Beck Coach Deb Satterfield

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 Camp Tecumseh Week Practice information will come later. All others regular Monday schedule.	1 Camp Tecumseh Week Practice information will come later. All others regular schedule.	2 Camp Tecumseh Week Practice information will come later. All others regular schedule.	3 Camp Tecumseh Week Practice information will come later. All others regular schedule. er.	4 Camp Tecumseh Week Practice information will come later. TBA End of First Nine Weeks	5 State Meet at Northview Church 10:30/1:00
6	7 CC practice 3:00-4:15 at HIJH	8 County Meet at White River Elementary at 4:15 pm	9	10		

Important Notes

- We will do preseason runs starting Monday, July 29th. See the calendar.
- Thursday, August 8 is the last day to join the team.
- All grades train and race together.
- Pick up/drop off runners by track gate.
- Practices are M – Th 3:00-4:15pm (no practice Fridays – We run on Saturdays.)
- We know some runners have other sports going on. We will adjust mileage on heavy days and work with schedules. We do ask that our meets take priority over other sport practices. Saturday practices are flexible for those with other games and practices.

We run together on Saturdays in the summer at 7:30 am at Flat Fork Creek Park. Join us when you can and run a little on your own.
GOALS – New runner (5-8 miles per week) Returning runner (8-12 miles per week)