


August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Team Run 7-9am	2 Team Run 7-9am	3 Team Run 7-9am	4 Run on your own	5 Team Run 7-9am	6 Team Run 7-9am Location: IHS
7	8 Official Practice Begins! Practice 3:35-5:30 XC Family Picnic 5:30 @ Pickard Shelter	9 Practice 3:35-5:30	10 Practice 3:35-5:30	11 Practice 3:35-5:30 Fitz gone	12 Practice 3:35-5:30 Fitz gone	13 Practice 7-9am Location: IHS Fitz gone
14	15 Media Day 2:15 Practice: immediately following media day	16 Practice 3:35-5:30	17 Practice 3:35-5:30	18 Practice 3:35-5:30	19 Practice 3:35-5:30	20 Practice 7-9am Location: HIS Back to School Bash 6pm Meet the Indians 7pm
21	22 Practice 3:35-5:30	23 First Day of School! Practice 3:35-5:30	24 Practice 3:35-5:30	25 Meet @ Ankeny	26 Practice 3:35-5:30	27 Practice 7-9am Location: IHS
28	29 Practice 3:35-5:30	30 Meet @ DCG	31 Practice 3:35-5:30			
Notes:	Official Practice Begins Aug. 8!! <i>August 8 is the official start of the Cross Country season according to the IGSAU. <u>The attendance policy will be enforced.</u> Let's have a great season!</i>	XC Family Picnic <i>We will be hosting our first annual XC Family Picnic following practice at 5:30 on August 8 at the Pickard Park Shelter. Please bring food, drinks, plates, and utensils for your own household and join us for some fellowship and fun to kick off our season!</i>	Media Day <i>Location: Pickard Park Arrive by 2:00 in uniform. Bring spikes. Bring a dressy outfit for poster. Malinda will be photographing individual, team, poster, and senior banner images.</i>	Back to School Bash <i>Location: Middle School Stadium Athletes should be there by 6:45 (in our event T-Shirts!!) at the latest to be introduced at the Meet the Indians portion of the event.</i>		

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Practice 3:35-5:30	2 Practice 3:35-5:30	3 Meet @ Urbandale
4	5 No School Run on your own.	6 Practice 3:35-5:30	7 Practice 3:35-5:30	8 Meet @ Marshalltown Happy Birthday, Carly!!	9 Practice 3:35-5:30	10 Practice 7-9am Location:
11	12 Meet @ Ballard	13 Practice 3:35-5:30	14 Practice 3:35-5:30 Happy Birthday, Maren!!	15 Practice 3:35-5:30	16 Practice 3:35-5:30	17 Practice 7-9am Location:
18	19 Practice 3:35-5:30	20 Practice 3:35-5:30	21 Practice 3:35-5:30	22 HOME MEET Happy Birthday, Coach Singleton!	23 Practice 3:35-5:30	24 Practice 7-9am Location:
25 Homecoming Week 	26 Practice 3:35-5:30	27 Meet @ Knoxville	28 Practice 3:35-5:30	29 Practice 3:35-5:30	30 Practice 3:35- 4:30	
NOTES:	Homecoming We are entering the championship phase of our season. We have work to do, but will shorten practice on the 30 th for the game. We will still meet for our morning long run on Oct. 1 (Dance day).					

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Practice 7-9am Location: IHS Homecoming Dance
2	3 Practice 3:35-5:30	4 Practice 3:35-5:30	5 Practice 3:35-5:30	6 Meet @ Fort Dodge	7 Practice 3:35-5:30	8 Practice 7-9am Location:
9	10 Little Hawkeye Conference Meet @ DC-G	11 Parent-Teacher Conferences Practice 3:35-5:30	12 Practice 3:35-5:30	13 Parent-Teacher Conferences Practice 3:35-5:30	14 No School Practice 3:35-5:30	15 Practice 7-9am Location:
16	17 Practice 3:35-5:30	18 Practice 3:35-5:30	19 State Qualifying Meet @ TBD	20 Practice 3:35-5:30	21 Practice 3:35-5:30	22 Practice 7-9am Location:
23 Happy Birthday, Anna!!	24 Practice 3:35-5:30	25 Practice 3:35-5:30	26 Practice 3:35-5:30	27 Practice 3:35-5:30 Happy Birthday, Remy!!	28 STATE MEET @ Fort Dodge	29 SLEEP IN!! REST!! You are amazing!!
30	31 Uniform Turn In 3:35 Optional Team Run					

INFO

End of Season Family Celebration & Awards Banquet

Tuesday, November 8th @ 7:00pm in High School Cafeteria