

June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Coach Black out: 6/9—6/13 6/25—6/28 Symbol: ▲	Coach McClain out: 6/11—6/15 6/26—6/30 Symbol: ■	KEY N: Novice I: Intermediate E: Experienced	1	2	3 <i>Relay for Life</i> <i>Starts @ 4:00pm</i> <i>*count miles</i>	4 <i>Relay for Life</i> <i>Ends @ 10:00am</i> <i>*count miles</i> <i>Warrior Dash Race</i>
5 Weekly Mileage Goals: <i>N: 15-20 miles</i> <i>I: 20-30 miles</i> <i>E: 25-35 miles</i> <i>Warrior Dash Race</i>	6 <i>First Voluntary Practice</i> <i>7:30am—Life</i> <i>8:00am—Run</i>	7 <i>Voluntary Practice Sandusky Hollow</i> <i>8:00am—Run</i>	8 <i>Voluntary Practice</i> <i>7:30am—Life</i> <i>8:00am—Run</i>	9 ▲ <i>Voluntary Practice Dale Roy School</i> <i>8:00am—Run</i>	10 ▲ <i>Voluntary Practice</i> <i>7:30am—Life</i> <i>8:00am—Run</i>	11 ▲ ■
12 ▲ ■ Weekly Mileage Goals: <i>N: 15-20 miles</i> <i>I: 20-30 miles</i> <i>E: 25-35 miles</i>	13 ▲ ■ <i>Voluntary Practice</i> <i>7:30am—Life</i> <i>8:00am—Run</i>	14 ■ <i>Voluntary Practice Sandusky Hollow</i> <i>8:00am—Run</i>	15 ■ <i>Voluntary Practice</i> <i>7:30am—Life</i> <i>8:00am—Run</i> <i>Team Physicals at Dr. Emser's</i> <i>8:30-11:30am & 1:00-2:30pm</i>	16 <i>Voluntary Practice Byers Woods (Career Center)</i> <i>8:00am—Run</i>	17 <i>Voluntary Practice</i> <i>7:30am—Life</i> <i>8:00am—Run</i>	18 <i>Team Car-Wash Fundraiser @ MVD</i> <i>Times TBA</i>
19 Weekly Mileage Goals: <i>N: 18-23 miles</i> <i>I: 22-33 miles</i> <i>E: 28-38 miles</i>	20 <i>Voluntary Practice</i> <i>7:30am—Life</i> <i>8:00am—Run</i>	21 <i>Voluntary Practice Sandusky Hollow</i> <i>8:00am—Run</i>	22 <i>Voluntary Practice</i> <i>7:30am—Life</i> <i>8:00am—Run</i>	23 <i>Voluntary Practice Dale Roy School</i> <i>8:00am—Run</i>	24 <i>Voluntary Practice</i> <i>7:30am—Life</i> <i>8:00am—Run</i>	25 ▲
26 ▲ ■ Weekly Mileage Goals: <i>N: 18-23 miles</i> <i>I: 22-33 miles</i> <i>E: 28-38 miles</i>	27 ▲ ■ <i>Voluntary Practice</i> <i>7:30am—Life</i> <i>8:00am—Run</i>	28 ▲ ■ <i>Voluntary Practice Sandusky Hollow</i> <i>8:00am—Run</i>	29 ■ <i>Voluntary Practice</i> <i>7:30am—Life</i> <i>8:00am—Run</i>	30 ■ <i>Voluntary Practice Byers Woods (Career Center)</i> <i>8:00am—Run</i>		

THIS SCHEDULE IS SUBJECT TO CHANGE

July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Coach Black out: 7/24—7/30 Symbol: ▲	Coach McClain out: 7/1—7/30 Symbol: ■	KEY N: Novice I: Intermediate E: Experienced			1 ■ <i>Voluntary Practice</i> 7:30am—Life 8:00am—Run	2 BalloonFest 5K 9:00am Start
3 ■ Weekly Mileage Goals: N: 20-25 miles I: 25-35 miles E: 30-40 miles	4 ■ <i>Voluntary Practice</i> 7:30am—Life 8:00am—Run	5 ■ <i>Voluntary Practice</i> Sandusky Hollow 8:00am—Run	6 ■ <i>Voluntary Practice</i> 7:30am—Life 8:00am—Run	7 ■ <i>Voluntary Practice</i> Dale Roy School 8:00am—Run	8 ■ <i>Voluntary Practice</i> 7:30am—Life 8:00am—Run	9 ■
10 ■ Weekly Mileage Goals: N: 20-25 miles I: 25-35 miles E: 30-40 miles	11 ■ <i>Voluntary Practice</i> 7:30am—Life 8:00am—Run	12 ■ <i>Voluntary Practice</i> Sandusky Hollow 8:00am—Run	13 ■ <i>Voluntary Practice</i> 7:30am—Life 8:00am—Run	14 ■ <i>Voluntary Practice</i> Byers Woods (Career Center) 8:00am—Run	15 ■ <i>Voluntary Practice</i> 7:30am—Life 8:00am—Run	16 ■
17 ■ Weekly Mileage Goals: N: 22-27 miles I: 28-38 miles E: 32-44 miles	18 ■ <i>Voluntary Practice</i> 7:30am—Life 8:00am—Run	19 ■ <i>Voluntary Practice</i> Sandusky Hollow 8:00am—Run	20 ■ <i>Voluntary Practice</i> 7:30am—Life 8:00am—Run	21 ■ <i>Voluntary Practice</i> Dale Roy School 8:00am—Run 7:00pm—Fall Parents Meeting in AHS Little Theater	22 ■ <i>Voluntary Practice</i> 7:30am—Life 8:00am—Run	23 ■ Team Car-Wash Fundraiser @ MVD
24 ▲ ■ Weekly Mileage Goals: N: 22-27 miles I: 28-38 miles E: 32-44 miles	25 ▲ ■ ♪ <i>Voluntary Practice</i> 7:30am—Life 8:00am—Run	26 ▲ ■ ♪ <i>Voluntary Practice</i> Sandusky Hollow 8:00am—Run	27 ▲ ■ ♪ <i>Voluntary Practice</i> 7:30am—Life 8:00am—Run	28 ▲ ■ ♪ <i>Voluntary Practice</i> Dale Roy 8:00am—Run	29 ▲ ■ ♪ <i>Voluntary Practice</i> 7:30am—Life 8:00am—Run	30 ▲ ■
31 “Pre” Season Movie @ Stadium 9:30-11:30pm	Minimum Summer Miles: N: 150 miles I: 190 miles E: 230 miles	Maxiumum Summer Miles: N: 190 miles I: 272 miles E: 314 miles				

♪ - Possible Marching Band conflict

THIS SCHEDULE IS SUBJECT TO CHANGE

August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
KEY A: Arrive at the HS B: Bus leaves P/U: Pick Up	1 12:00am—Joel Brean Midnight Memorial w/ Lane Paullin 5K on the Track (12.5 laps)	2 🎵 9:00am—YMCA Running Club SUMMER CAMP	3 🎵 SUMMER CAMP	4 🎵 SUMMER CAMP 6:00pm—YMCA Running Club	5 🎵 Towpath Run 7:00am—1:00pm Bring Lunch \$\$	6
7	8 7:30am—Lift / 8:00am— Run / 10:00am—YMCA Running Club / 6:00pm— Family CC Picnic at Ashland Church of Christ	9 Second Sole Shoe Trip—Leave at 8am Return around 2pm Travel w/ MS Boys	10 7:30am—Lift 8:00am—Run 10:00am—YMCA Running Club	11 Voluntary Practice Dale Roy School 8:00am—Run	12 7:30am—Lift 8:00am—Run 10:00am—YMCA Running Club	13 Team Car-Wash Fundraiser @ MVD
14	15 TEAM PICTURES Meet at 9:00AM at Stadium & run after 6:00pm—YMCA Running Club	16 Sandusky Hollow 8:00am—Run 6:00pm—Pre-Season Sponsors Banquet at Ashland University	17 7:30am—Lift 8:00am—Run 10:00am—YMCA Running Club	18 Voluntary Practice Dale Roy School 8:00am—Run	19 🎵 7:30am—Lift 8:00am—Run 10:00am—YMCA Running Club	20
21	22 🎵 7:30am—Lift 8:00am—Run 10:00am—YMCA Running Club	23 Mapleton Invite Bus: 4:00 (stadium) Race: 5:30 Return around: 7:00	24 Practice until 5:00PM with lifting P/U—Weightroom 7:00pm—Meet the Team Night	25 6:30am—Morning Voluntary Run (HS) Practice until 4:30pm P/U—YMCA	26—Football Away Practice until 4:30PM Team Dinner	27—Colonel Crawford A: 6:30am / B: 6:45am Boys race: 9:00 Girls race: 9:45 Return around: 11:30
28	29 Practice until 5/5:30pm P/U Weightroom	30 Practice until 5:00pm P/U Stadium	31 Practice until 5/5:30pm P/U Weightroom			

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September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
KEY A: Arrive at the HS B: Bus leaves P/U: Pick Up				<i>1</i> 6:30am—Morning Voluntary Run (HS) Practice until 4:30pm P/U—YMCA	<i>2—Football Away</i> Practice until 4:30PM Team Dinner	<i>3—Ashland</i> A: 9:15 Girls Race: 9:30 Boys Race: 11:00
<i>4</i>	<i>5</i> Labor Day No Practice RUN ON YOUR OWN!!!!	<i>6</i> Practice until 5:00pm P/U Stadium	<i>7</i> Practice until 5/5:30pm P/U Weightroom	<i>8</i> 6:30am—Morning Voluntary Run (HS) Practice until 4:30pm P/U—YMCA	<i>9—Football HOME</i> Practice until 4:30PM Team Dinner	<i>10—Tiffin</i> A: 12:15 / B: 12:30 B Race: 3:35 A Race: 4:30 Open Race: 5:25 Return around 7:30/8
<i>11</i>	<i>12</i> Practice until 5/5:30pm P/U Weightroom	<i>13</i> Practice until 5:00pm P/U Stadium	<i>14</i> Practice until 5/5:30pm P/U Weightroom	<i>15</i> 6:30am—Morning Voluntary Run (HS) Practice until 4:30pm P/U—YMCA	<i>16—Football HOME</i> Practice until 4:30PM Team Dinner	<i>17—Galion</i> A: 12:45 / B: 1:00 Varsity Race: 3:30 Open Race: 4:30 Return around: 6:30/7
<i>18</i> 🎵	<i>19</i> Practice until 5/5:30pm P/U Weightroom	<i>20</i> Travel Practice to Cloverleaf—Leave Stadium at 3:00 and return around 5:30pm *parent drivers needed!	<i>21</i> Practice until 5/5:30pm P/U Weightroom	<i>22</i> 6:30am—Morning Voluntary Run (HS) Practice until 4:30pm P/U—YMCA	<i>23—Football HOME</i> Meet at Stadium at 3:00pm (Fair Day) Practice until 4:30PM Team Dinner	<i>24—Cloverleaf</i> 🎵 A: 10:30 / B: 10:45 Open Race: 12:50 Varsity Race: 1:50 Return around: 3:30/4
<i>25</i>	<i>26</i> Practice until 5/5:30pm P/U Weightroom	<i>27</i> Practice until 5:00pm P/U Stadium	<i>28</i> Practice until 5/5:30pm P/U Weightroom	<i>29</i> 6:30am—Morning Voluntary Run (HS) Practice until 4:30pm P/U—YMCA	<i>30—Football HOME</i> Practice until 4:30PM Team Dinner	

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October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
KEY A: Arrive at the HS B: Bus leaves P/U: Pick Up						1—Oregon Clay A: 7:45 / B: 8:00 Varsity Race: 12:00 Open Race: 1:15 Return around: 4/4:30
2	3 Practice until 4:30/5pm P/U Weightroom	4 Practice until 4:30/5:00pm P/U Stadium	5 Practice until 4:30/5:00pm P/U Weightroom	6 6:30am—Morning Voluntary Run (HS) Practice until 4:30pm P/U—YMCA	7—Football Away Practice until 4:30PM Team Dinner	8—Marion Harding 🎵 A: 7:15 / B: 7:30 Varsity Race: 10:15 Open Race: 11:15 Return around: 1/1:30
9	10 Practice until 4/4:30pm P/U Weightroom	11—Early Release Meet at 3:00pm Practice until 4/4:30pm P/U Stadium	12 Practice until 4/4:30pm P/U Weightroom	13 6:30am—Morning Voluntary Run (HS) Course preview at Madison (return around 4:30/5pm)	14—Football HOME Practice until 4:30PM Team Dinner	15—OCC @ Madison 🎵 A: 8:15 / B: 8:30 Varsity Race: 10:45 Open Race: 11:15 Picnic after!
16	17 Practice until 4/4:30pm P/U Weightroom	18 Practice until 4/4:30pm P/U Stadium	19 Practice until 4/4:30pm P/U Weightroom	20 6:30am—Morning Voluntary Run (HS) Practice until 4/4:30pm P/U—YMCA	21—Football HOME Practice until 4:30PM Team Dinner	22—Districts @ Oregon A: 9:15 / B: 9:30 Varsity Race: 2:00 Open Race: 4:10 Return around: 8:30/9
23 PRACTICES DEPEND ON QUALIFICATION	24 Practice until 4/4:30pm P/U Weightroom	25 Practice until 4/4:30pm P/U Stadium	26 Practice until 4/4:30pm P/U Weightroom	27 6:30am—Morning Voluntary Run (HS) Practice until 4/4:30pm P/U—YMCA	28—Football Away Practice until 4:30PM Team Dinner	29—Regionals @ Tiffin Times TBA 🎵
30 PRACTICES DEPEND ON QUALIFICATION	31					

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November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>PRACTICES DEPEND ON QUALIFICATION</i>		1	2	3	4—Football TBA 🎵	5 🎵 <i>STATE MEET @ Scioto Downs</i>
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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