

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 Practice 4-5:30 Parent Meeting TEAMS 6pm	24 Practice 6:45am	25 Practice 6:45am	26 Practice 6:45am	27 Practice 6:45am	28
29 Optional Meet Set up @ 1pm	30 Meet @ Westbrook	31 DYOR - 1 mile slow jog				

2023

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Practice 6:45am	2 Practice 6:45am	3 Practice 6:45am	4
5	6 Meet @ Friendswood	7 No School	8 Practice with Boys 4-5:30	9 Practice with Boys 4-5:30	10 DYOR - 2 miles	11
12	13 Meet @ Seabrook	14 Practice 6:45am	15 Practice 6:45am	16 Practice 6:45am	17 Practice 6:45am	18
19	20 No School	21 No School	22 No School	23 No School	24 No School	25
26	27 No School	28 Practice 6:45am	29 Meet @ Challenger (all girls)	30 Practice 6:45am		

2023

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Practice 6:45am	2
3	4 Practice 6:45 am	5 District Meet @ Challenger	6	7	8 Cross Country Party @ Sweet Frog	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30