

~ July 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Summer Mileage at the River  Junior Raiders Camp (6-8) at Dickerson	2 Summer Mileage at the River	3
4	5 Summer Mileage at the River  Workout (5-6:30) at Lassiter	6 Summer Mileage at the River	7 Summer Mileage at the River  Practice (4-6) at Dodgen	8 Summer Mileage at the River	9 Summer Mileage at the River	10 Practice (10-12) at Dodgen
11 *GA Games Tournament?	12 Summer Mileage at the River  *GA Games Tournament?  Workout (5-6:30) at Lassiter	13 Summer Mileage at the River  Junior Raiders Camp (6-8) at Dickerson	14 Summer Mileage at the River  Practice (4-6) at Dodgen	15 Summer Mileage at the River  *Scrimmage with Milton?  Junior Raiders Camp (6-8) at Dickerson	16 Summer Mileage at the River	17 Practice (10-12) at Dodgen
18	19 Summer Mileage at the River  Workout (5-6:30) at Lassiter	20 Summer Mileage at the River  Junior Raiders Camp (6-8) at Dickerson	21 Summer Mileage at the River  Practice (4-6) at Dodgen	22 Summer Mileage at the River  Junior Raiders Camp (6-8) at Dickerson	23 Summer Mileage at the River	24 Practice (10-12) at Dodgen
25	26 Summer Mileage at the River  Workout (5-6:30) at Lassiter	27 Summer Mileage at the River  Junior Raiders Camp (6-8) at Dickerson	28 Summer Mileage at the River  Practice (4-6) at Dodgen	29 Summer Mileage at the River  Junior Raiders Camp (6-8) at Dickerson	30 Summer Mileage at the River	31 Practice (10-12) at Dodgen

**Notes:**

**Practices at Dodgen** are skill practices that are necessary in order to improve our skills as a team. It is important that you attend these when you are available to come. We will be keeping track of who is there and who is not.

**Workouts** are workouts that will help improve our team's speed and agility. These workouts are designed by X-team coaches, which are used to get in the kind of shape necessary for competing at a higher level.

**Summer Mileage** is cross country workouts at the river every week morning at 8:30 AM. You should attend these workouts EVEN if you are NOT doing cross country in the fall. These workouts are critical to our fitness. If we have a captains workout or practice, you have a choice of attending the cross country workout in the morning.

**Junior Raiders Camp** is a camp that rising sophomores and older will be hosting for the junior raiders.