

~ June 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Summer Mileage at the River	2 Summer Mileage at the River	3 Summer Mileage at the River Georgia Lax Classic	4 Summer Mileage at the River Georgia Lax Classic	5 Georgia Lax Classic
6 Georgia Lax Classic	7 Summer Mileage at the River Black Diamond Camp (9-1) Workout (5-6:30) at Walton	8 Summer Mileage at the River Black Diamond Camp (9-1) Practice (4-6) at Dodgen	9 Summer Mileage at the River Black Diamond Camp (9-1)	10 Summer Mileage at the River Black Diamond Camp (9-1) Captains away on X-team Xperience	11 Summer Mileage at the River Captains away on X-team Xperience	12 Captains away on X-team Xperience
13 Captains away on X-team Xperience	14 Summer Mileage at the River Captains away on X-team Xperience	15 Summer Mileage at the River Captains away on X-team Xperience	16 Summer Mileage at the River Captains away on X-team Xperience	17 Summer Mileage at the River Captains away on X-team Xperience	18 Summer Mileage at the River Captains away on X-team Xperience	19 Captains away on X-team Xperience
20 Captains away on X-team Xperience	21 Summer Mileage at the River	22 Summer Mileage at the River	23 Summer Mileage at the River	24 Summer Mileage at the River	25 Summer Mileage at the River	26
27	28 Summer Mileage at the River Workout (5-6:30) at Lassiter	29 Summer Mileage at the River Junior Raiders Camp (6-8) at Dickerson	30 Summer Mileage at the River Practice (4-6) 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. If you want to do both, THAT'S EVEN BETTER! Junior Raiders Camp is a camp that rising sophomores and older will be hosting for the junior raiders.		

