**2017 Summer Schedule**

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| **Date** | **Event/Time** | **Location** |
| June 6th | First Practice - 6:45 P.M. | Chickamauga Battlefield (Rec. Field) |
| June 8th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| June 13th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| June 15th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| June 20st | Practice - 6:45 P.M. | Chickamauga Battlefield |
| June 22rd | Practice - 6:45 P.M. | Chickamauga Battlefield |
| **June 24th** | **Saturday Morning Long Run**  *(9:00 A.M.)* | **Enterprise South** |
| June 27th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| June 29th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| **July 2nd - July 8th** | **DEAD WEEK** *(Great week for vacation* ☺ *)* | **NO PRACTICE** |
| July 11th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| July 13th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| **July 14th-16th** | **FCA Running Camp**  *(team camping trip)* | **Red Top Mtn. State Park** |
| July 18th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| July 20th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| **July 27th-30th** | **Bryan College Camp**  *(Visit bryanlions.com for details.)* | **Fort Bluff Camp - Dayton, TN** |
| July 25th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| July 27th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| **August 1st** | Practice - 6:45 P.M.  **$125 Running Fee Due** | Chickamauga Battlefield |
| August 3rd | Practice - 6:45 P.M. | Chickamauga Battlefield |
| **August 5th** | **Saturday Morning Long Run**  *(9:00 A.M.)* | **Coolidge Park** |
| August 8th | **Varsity Time Trial**/End-of-Summer Celebration - 6:45 P.M. | Chickamauga Battlefield |
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| **August 10th** | **After School Practices Begin**  *(EVERY school day @ 3:40 P.M.)* | **Heritage High (Room 1213)** |

***The events listed above are team practices. Unless you are out of town with your family or have a significant conflict, you are expected to be at practice. It is your obligation to the team****. Running together throughout the summer is a necessary step in achieving team success. Running on your own is NOT good enough. Put your team above yourself, and we will reach our goals in November. Also, you should put in additional mileage on days that we aren’t practicing. Start with three days per week (depending on your level of fitness) and build from there. Add 10% to your mileage each week. You should eventually be able to run 6 days per week, including a long-run on Saturday. I will give you a summer mileage log on the 1st day of practice. It’s important that you keep up with your mileage. You can easily run too little or too much. Be smart, hydrate, and run with your hearts!*

***Coach Jeremy Wynne***

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