**HXC: 2018 Summer Schedule**

*NOTE: You must have a current physical to attend practice!*

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| **Date** | **Event/Time** | **Location** |
| Start running TODAY! | **Run on your own** *(build mileage gradually)* | Trail running preferable |
| June 12th | First Team Practice - 6:45 P.M. | Chickamauga Battlefield (Rec. Field) |
| June 14th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| June 19h  | Practice - 6:45 P.M. | Chickamauga Battlefield |
| June 21st | Practice - 6:45 P.M. | Chickamauga Battlefield |
| **June 23rd** | **Saturday Morning Long Run** *(9:00 A.M.)* | **Enterprise South - Chattanooga** |
| \*June 26th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| \*June 28th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| **July 1st - July 7th** | **DEAD WEEK** *(Great week for vacation* ☺ *)* | **NO PRACTICE** |
| July 10th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| July 12th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| July 17th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| July 19th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| **July 20th-22nd** | **FCA Running Camp***(team camping trip)* | **Red Top Mtn. State Park** |
| July 24th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| July 26th | Practice - 6:45 P.M. | Chickamauga Battlefield |
| **July 28th** | **Saturday Morning Long Run** And **ICE CREAM** (9:00 A.M.) | **Coolidge Park – Chattanooga** |
| **July 31st** | Practice - 6:45 P.M.**$125 Running Fee Due** | Chickamauga Battlefield |
| August 2nd | Practice - 6:45 P.M. | Chickamauga Battlefield |
| **Aug. 2nd-5th** | **Bryan College Camp***(Visit bryanlions.com for details.)* | **Fort Bluff Camp - Dayton, TN** |
| August 7th | **Varsity Time Trial**/End-of-Summer Celebration - 6:45 P.M. | Chickamauga Battlefield |
| **August 9th** | **Regular Season 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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