

# August 2017 Shoreland CC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Summer Run 5 PM at UW-P	4	5
6 Summer Run 4 PM at UW-P	7	8	9	10 Summer Run 5 PM at UW-P	11	12
13	14 Practice 9-11 at UW-Parkside	15 Practice 9-11 at UW-Parkside	16 Practice 9-11 at UW-Parkside	17 Practice 9-11 at UW-Parkside  Sports pics Noon at SLHS	18 Practice 9-11 at UW-Parkside	19 25-30 minute run Sat or Sunday
20 25-30 minute run Sat or Sunday	21 Practice 9-11 at UW-Parkside	22 Practice 3:15-5:30  School starts for Freshmen	23 Practice 3:15-5:30  1 <sup>st</sup> day of school	24 Practice 3:15-5:30	25 Practice 3:15-5:30	26 25-30 minute run Sat or Sunday
27 25-30 minute run Sat or Sunday	28 Practice 3:15-5:30	29 St. Joseph Inv 4:30 PM at UW-Parkside	30 Practice 3:15-5:30	31 Practice 3:15-5:30		

# September 2017 Shoreland CC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Practice 3:15-5:30	2 Waukesha South Blackshirt Inv. at Minooka Park 9:00 AM
3 Recovery Run 25-30 minutes	4 Day off! (Labor Day)	5 Practice 3:15-5:30	6 Practice 3:15-5:30	7 Whitnall Invite at Hales Corners Park 4 PM	8 Practice 3:15-5:30	9 25-30 minute run Sat or Sunday
10 25-30 minute run Sat or Sunday	11 Practice 3:15-5:30	12 Practice 3:15-5:30	13 Practice 3:15-5:30	14 Practice 3:15-5:30	15 Practice 3:15-5:30	16 St. Lawrence Seminary Inv. Mt. Calvary, WI GV 10 AM BV 10:40 GJV 11:15 BJV 11:50 Fun Run 12:25
17 Recovery Run 25-30 minutes	18 Practice 3:15-5:30	19 Big Foot Invite At Duck Pond, Fontana, WI 4:30 PM	20 Practice 3:15-5:30	21 Practice 3:15-5:30	22 Practice 3:15-5:30	23 Grade School CC Meet at SLHS, 10 AM
24 Recovery Run 25-30 minutes	25 Practice 3:15-5:30	26 Practice 3:15-5:30	27 Practice 3:15-5:30	28 Kenosha County Inv. at UW-Park. 4:30 PM	29 Practice 3:15-5:30	30 25-30 min Sat or Sunday

# October 2017 Shoreland CC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 25-30 min Sat or Sunday	<b>2</b> Practice 3:15-5:30  H O M E	<b>3</b> Practice 3:15-5:30  C O M I	<b>4</b> Practice 3:15-5:30  N G W	<b>5</b> Westosha Central Invite at Fox River Park 4:15 PM  E E K	<b>6</b> Practice 3:15-5:30	<b>7</b> 20-25 Minute Recovery Run
<b>8</b>	<b>9</b> No Team practice  30 minute run on own	<b>10</b> Practice 3:15-5:30	<b>11</b> Practice 3:15-5:30	<b>12</b> Practice 3:15-5:30	<b>12</b> Practice 3:15-5:30	<b>14</b> Metro Classic Conference Meet at UW-Parkside 10:00
<b>15</b> 20-25 minute run	<b>16</b> Practice 3:15-5:30	<b>17</b> Practice 3:15-5:30	<b>18</b> Practice 3:15-5:30	<b>19</b> Practice 3:15-5:30	<b>20</b> Practice 3:15-5:30	<b>21</b> WIAA Sectionals TBA place & time
<b>22</b> Recovery Run 20- 25 minutes	<b>23</b> Practice 3:15-5:30	<b>24</b> Practice 3:15-5:30	<b>25</b> Practice 3:15-5:30	<b>26</b> Practice TBA	<b>27</b> Practice TBA	<b>28</b> WIAA State Meet for qualifying individuals / teams WI Rapids TBA
<b>29</b>	<b>30</b>	<b>31</b>				