

# August 2018 Shoreland CC

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

# September 2018 Shoreland CC

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

# October 2018 Shoreland CC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Long run Sat or Sunday	<b>1</b> No School No Practice	<b>2</b> Practice 3:15-5:30	<b>3</b> Practice 3:15-5:30	<b>4</b> Westosha Central Invite at Fox River Park 4:15 PM	<b>5</b> Practice 3:15-5:30	<b>6</b> 20-25 Minute Recovery Run
<b>7</b>	<b>8</b> Practice 3:15-5:30	<b>9</b> Practice 3:15-5:30	<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>13</b> Metro Classic Conference Meet at UW-Parkside 10:00
<b>14</b> 20-25 minute run	<b>15</b> Practice 3:15-5:30	<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> WIAA Sectionals TBD date, place & time	<b>20</b> WIAA Sectionals TBD date, place & time
<b>21</b> Recovery Run 20- 25 minutes	<b>22</b> Practice 3:15-5:30	<b>23</b> Practice 3:15-5:30	<b>24</b> Practice 3:15-5:30	<b>25</b> No School Practice TBA	<b>26</b> No School Practice TBA	<b>27</b> WIAA State Meet for qualifying individuals / teams WI Rapids TBA
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			