

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Team Run 7:30am Coach McKenzie gone this week -->	1 OFF	2 Team Run 7:30am	3 Team Run 7:30am	4 Team Run 7:30am	5 Team Run 7:30am @ Easter Lake Park Beach entrance
6	OFFICIAL PRACTICE BEGINS!! Practice 3:00pm Parent Meeting, dinner, and campout following practice.	8 Bridge 23 Camp Arrive 9am Depart 8pm	9 Practice 3:00	10 Practice 3:00	11 Practice 3:00	12 Practice 7:30am @ Gray's Lake
13	14 Practice 3:00	15 Practice 3:00	16 Practice 3:00 Ice Bath following practice	17 Practice 3:00	18 Practice 3:30	19 Practice 7:30am @ Pickard Park *Breakfast at Etnyre's
20	21 Practice 3:00	22 MEET DAY!! Ankeny @DMACC Campus	23 First Day of School! Practice 3:40	24 Practice 3:40	25 Practice 3:40	26 Practice 7:30am @ Deer Run??
27	28 Practice 3:40	29 MEET DAY!! DCG	30 Practice 3:40 Ice Bath following practice	31 Practice 3:40		

INFO

1st Day of Practice

Practice will begin at the IHS athletic entrance. Bring a water bottle!

Bridge 23 Camp

We will again be attending Bridge23 Camp this year. Please sign up as soon as possible. I would love for all of us to attend.

Lifting

We will be lifting as a team this fall. It will likely take place before practice begins, but I am still coordinating days with Coach B. Stay tuned!

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Practice 3:40	2 MEET DAY!! Urbandale
3	Labor Day 4 OFF- Enjoy family time!	5 Practice 3:40	6 Practice 3:40 Ice bath after practice	7 MEET DAY!! Marshalltown	8 Practice 3:40	9 OFF
10 Practice 4:00pm	11 MEET DAY!! Ballard	12 Practice 3:40	13 Practice 3:40 Ice bath/ Make posters for MS	14 HOME MS MEET Practice 3:30 at MS Track	15 Practice 3:40	16 Practice 7:30am @ SEP Course
17	18 Practice 3:40 @ Pickard	19 Practice 3:40 @ Pickard	20 Practice 3:40 Ice bath after practice	21 HOME MEET!!	22 Practice @ 3:40	23 OFF
24 Practice 4:00pm	25 MEET DAY!! ISU??	26 Practice 3:40	27 Practice 3:40 Ice bath after practice	28 MEET DAY!! SOUTHEAST POLK	29 Practice 3:40	30 Practice 7:30am @ Raccoon River Park

INFO

Homecoming

As soon as I get details from Mrs. Cogan, I will give more detailed plans regarding the parade, banders, etc.

ISU

ISU is not officially on the calendar yet. We may or may not be going as of right now.

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 3:40	3 Practice 3:40	4 Practice 3:40	5 MEET DAY!! Fort Dodge	6 Practice 3:40	7 OFF
8 Practice 4:00	9 MEET DAY!! LHC @ HOME	10 PT Conferences Practice 3:30	11 Practice 4:00	12 PT Conferences Practice 3:30 Cheer on MS Girls	13 No School Varsity Only Practice 10:30am	14 Varsity Only Practice 10:30am
15	16 No School Varsity Only Practice 4:00	17 No School Varsity Only Practice 4:00	18 MEET DAY!! SQM @ TBD	19 Varsity Only Practice 3:40	20 Varsity Only Practice 3:40	21 Varsity Only Practice 10:30am
22	23 Varsity Only Practice 3:40	24 Varsity Only Practice 3:40	25 Varsity Only Practice 3:40	26 Varsity Only Practice 3:40	27 MEET DAY!! STATE @ FORT DODGE	28 Varsity Only Practice 8am Breakfast to follow
29	30	31				

INFO

IT'S CHAMPIONSHIP SEASON!!

We get to host conference this year at the HS and MS levels! I'd like JV to continue to practice with us until after MS Conference Meet to help cheer them on!

Varsity Only after 10/12

JV is still welcome to join us for runs if they wish, but is not required to attend. We will take a pep bus to State Qualifying and State and would love for everyone to join.

State XC

State XC is on a FRIDAY this year! I believe we will be competing in the morning. Therefore, if you are not a qualifier, parents will have to call you out of school.