

Girl's Cross-Country Fall 2011

Pre-Season Practice Schedule: PLAN 2 HOURS FOR PRACTICE!

Monday	August 22 rd	The Crossings	9:00 am
		(Meet in back parking lot)	
Tuesday	August 23 th	The Crossings	8:00 am
Wednesday	August 24 th	The Crossings	8:00 am
Thursday	August 25 th	The Crossings	8:00 am
Friday	August 26 th	The Crossings	8:00 am

*Optional – Sat. 8/27th @ The Crossings – 8:00 am

Monday	August 29 th	Colonie Bike Path	8:00 am
Tuesday	August 30 st	Colonie Bike Path	8:00 am
Wednesday	August 31 st	Colonie Bike Path	8:00 am
Thursday	September 1 st	Colonie Bike Path	8:00 am
Friday	September 2 nd	Colonie Bike Path	8:00 am

*Optional – Sat. 9/3rd @ The Crossings

Tuesday	September 6 th	Shaker High	2:00 pm
Wednesday	September 7 th	Shaker High	2:00 pm
Thursday	September 8 th	Colonie Town Park	2:30 pm
Friday	September 9 th	Shaker High	2:30 pm
Saturday	September 10 th	Springstead Invitational	9:00 am

Coach Marbry Gansle

Girls' Head Cross-Country Coach