

August 2015

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	3		4		5		6		7		8		9
	10		11		12		13		14		15		16
				First Day of Practice ORANGE CARDS Log Books		7:30-9:30 JHHS Senior Goals Birthday Sched YOGA		7:30-9:30 JHHS Breakfast at Celina's House		Meet @ JHHS @ 8:30 Chipotle Lunch Following practice 8:30-11:00		Easy	
	17		18		19		20		21		22		23
7:30-9:30 JHHS Run- a-Thon Handouts/ Goals JR Meetings SPIRIT WEAR SHOP OPEN		7:30-9:30 JHHS JR Meetings Run at MacArthur		7:30-9:30 JHHS Uniforms Soph Meetings		Practice 1:30-3:30 Uniforms Frosh Meetings		7:30-9:30 JHHS GIRLS RUN-A- THON - MAKE YOUR GOALS!!		Hersey Track - Pictures at 7:45 Practice Follows 8:15-9:30 Parent Meeting at 10 AM - 124D		Off	
	24		25		26		27		28		29		30
Practice 3:15-5:30 JHHS		Practice YOGA 3:15-5:30 JHHS		First Day of School Short Practice 3:15-4:15 JHHS		3:15-5:30 JHHS YOGA <u>SPIRIT WEAR</u> <u>SHOP CLOSES</u> <u>@ MIDNIGHT</u>		3:15-5:00 JHHS LEADERSHIP COUNCIL MEETING		High Ropes Course @ FV TBD		Easy	

September 2015

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	31		1		2		3		4		5		6
3:15-5:30 JHHS YOGA		Conant Dual @ MacArthur		3:15-5:30 JHHS TRX		3:15-5:30 JHHS YOGA		3:15-5:00 JHHS TRX		Fenton Invite Var/JV Top 14 Run OYO All Else		Off	
	7		8		9		10		11		12		13
No School 9AM at BG Res		3:15-5:30 JHHS YOGA		3:15-5:30 JHHS TRX		Prospect Dual @ PHS		3:15-5:00 JHHS YOGA		Run @ Northwestern Meet at Hersey @ 9AM		Easy	
	14		15		16		17		18		19		20
No School 9AM at BG RES		3:15-5:30 JHHS YOGA		3:15-5:30 JHHS YOGA		Buffalo Grove Dual @ Willow Stream		Varsity to Peoria JV Run OYO Squat Work		Richard Spring Invitational @ Detweiller Park		Off	
	21		22		23		24		25		26		27
3:15-5:30 JHHS TRX		3:15-5:30 JHHS YOGA		9-11 AM JHHS TRX		Wheeling Dual @ Heritage Park		3:15-5:00 JHHS YOGA		Palatine Invitational		Easy	

September / October 2015

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	28		29		30		1		2		3		4
3:15-5:30 JHHS <u>TROPICAL SMOOTHIE FUNDRAISER!!!</u>		3:15-5:30 JHHS YOGA		3:15-5:30 JHHS TRX		Rolling Meadows + Elk Grove Triangular @ MacArthur		3:15-5:00 JHHS YOGA		Wheaton Flight Race St. James Farm Varsity Top 12 All Else OYO		Recovery Circuit	
	5		6		7		8		9		10		11
3:15-5:30 JHHS TRX		3:15-5:30 JHHS YOGA		3:15-5:30 JHHS TRX		3:15-5:30 JHHS YOGA		3:15-5:30 JHHS		8AM-10AM JHHS		Recovery Circuit	
	12		13		14		15		16		17		18
NO SCHOOL 8:30-10:30 JHHS		3:15-5:30 JHHS YOGA		Fartlek at MSL Course 3:15-6:30		3:15-5:30 JHHS YOGA		3:15-5:00 JHHS TRX		MSL Conference @ Busse Woods		Recovery Circuit	
	29		20		21		22		23		24		25
3:15-5:30 JHHS TRX		3:15-5:30 JHHS YOGA		Regional Course 3:15-6:30		3:15-5:30 JHHS YOGA		3:15-5:00 JHHS TRX		IHSA Regional		Recovery Circuit	

