

# July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12 CC Conditioning On your own 1.0 - 1.5 miles	13	14 CC Conditioning On your own 1.0 - 1.5 miles	15	16 CC Conditioning On your own 1.0 - 1.5 miles	17
18	19 CC Conditioning On your own 1.5 – 2.0 miles	20	21 CC Conditioning On your own 1.5 – 2.0 miles	22	23 CC Conditioning On your own 1.5 – 2.0 miles	24
25	26 CC Conditioning On your own 2.0 - 2.5 miles	27	28 CC Conditioning On your own 2.0 - 2.5 miles	29	30 CC Conditioning On your own 2.0 - 2.5 miles	<b>31 Jenny Evans Road Race</b>

# August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 CC Conditioning On your own 2.5 – 3.0	3	4 CC Conditioning On your own 2.5 – 3.0	5	6 CC Conditioning On your own 2.5 – 3.0	7
8	9 <b>1<sup>st</sup> Practice</b> CC practice @ FMS 9:00 – 10:30 am	10 CC practice @ FMS 9:00 – 10:30 am	11 CC practice @ FMS 9:00 – 10:30 am	12 CC practice @ FMS 9:00 – 10:30 am	13 CC practice @ Harbin Park 9:00 – 10:30 am	14
15	16 CC practice @ FMS 9:00 – 10:30 am	17 CC practice @ FMS 9:00 – 10:30 am	18 CC practice @ FMS 9:00 – 10:30 am <b>Fall Parent Meeting 6:30 FMS</b>	19 CC practice @ FMS 9:00 – 10:30 am	20 CC practice @ Harbin Park 9:00 – 10:30 am	21
22	23 CC practice FMS 3:00 – 4:30	24 CC practice FMS 3:00 – 4:30	25 CC practice FMS 3:00 – 4:30	26 CC practice FMS 3:00 – 4:30	27 CC practice @ Harbin Park 3:00 – 4:45	28
29	30 CC practice FMS 3:00 – 4:30	31 CC practice FMS 3:00 – 4:30	<b>Sept. 1 Sacred Heart Inv. @ Harbin Park 4:30</b>	Sept. 2 CC practice FMS 3:00 – 4:30	Sept. 3 CC practice @ Harbin Park 3:00 – 4:45	

# September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Oct. 30 CC practice FMS 3:00 – 4:30	Oct. 31 CC practice FMS 3:00 – 4:30	<b>1</b> <b>Sacred Heart Inv.</b> <b>@ Harbin Park</b> <b>4:30</b>	<b>2</b> CC practice FMS 3:00 – 4:30	<b>3</b> CC practice <b>@ Harbin Park</b> 3:00 – 4:45	<b>4</b>
<b>5</b>	<b>6</b> <b>Labor Day</b> <b>No School</b> <b>CC practice</b> <b>FMS</b> <b>9:00 – 10:30</b>	<b>7</b> <b>Tri-Meet</b> <b>@ Ross High School</b> <b>4:30</b> <b>FMS, Harrison, Ross</b>	<b>8</b> <b>Lebanon Inv.</b> <b>@Lebanon High</b> <b>School</b>	<b>9</b> CC practice FMS 3:00 – 4:30	<b>10</b> CC practice <b>@ Harbin Park</b> 3:00 – 4:45	<b>11</b> <b>Princeton Inv.</b> <b>@ Princeton H.S.</b>
<b>12</b>	<b>13</b> CC practice FMS 3:00 – 4:30	<b>14</b> <b>Ross Invitational</b> <b>@ Ross High School</b> <b>4:30</b>	<b>15</b> CC practice FMS 3:00 – 4:30	<b>16</b> <b>Edgewood</b> <b>Invitational</b> <b>@</b>	<b>17</b> CC practice <b>@ Harbin Park</b> 3:00 – 4:45	<b>18</b>
<b>19</b>	<b>20</b> CC practice FMS 3:00 – 4:30	<b>21</b> CC practice FMS 3:00 – 4:30	<b>22</b> CC practice FMS 3:00 – 4:30	<b>23</b> <b>Fairfield Invitational</b> <b>@ Harbin Park</b> <b>4:30</b>	<b>24</b> CC practice <b>@ Harbin Park</b> 3:00 – 4:45	<b>25</b>
<b>26</b>	<b>27</b> <b>Lakota Jr. High</b> <b>Classic</b> <b>@</b> <b>4:30</b>	<b>28</b> CC practice FMS 3:00 – 4:30	<b>29</b> CC practice FMS 3:00 – 4:30	<b>30</b> <b>Pleasant Run</b> <b>Invitational</b> <b>@ Pleasant Run</b> <b>Middle School</b> <b>4:30</b>	<b>1</b> CC practice <b>@ Harbin Park</b> 3:00 – 4:45	

# October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>27</b> <b>Lakota Jr. High</b> <b>Classic</b> <b>@</b> <b>4:30</b>	28 CC practice FMS 3:00 – 4:30	29 CC practice FMS 3:00 – 4:30	<b>30</b> <b>Pleasant Run</b> <b>Invitational</b> <b>@ Pleasant Run</b> <b>Middle School</b>	1 CC practice @ Harbin Park 3:00 – 4:45	2
3	4 CC practice FMS 3:00 – 4:30	5 CC practice FMS 3:00 – 4:30	6 CC practice FMS 3:00 – 4:30	<b>7</b> <b>Harrison Invitational</b> <b>@</b> <b>4:30</b>	8 CC practice @ Harbin Park 3:00 – 4:45	9
10	<b>11</b> <b>G.M.C.</b> <b>Championships</b> <b>TBA</b> <b>4:30</b>	12 CC practice FMS 3:00 – 4:30 <i>Ice Cream Run</i>	13 CC practice FMS 3:00 – 4:30	14 CC practice FMS 3:00 – 4:30	15 CC practice @ Harbin Park 3:00 – 4:45	16
17	<b>18</b> <b>City Championships</b> <b>@ Colerain High</b> <b>School</b> <b>4:30</b>	<b>19</b> <b>Turn in uniform</b> <b>Pizza Party</b> <b>@ FMS</b> <b>3:00 – 4:30</b>	<b>20</b> <b>Fall Sports Awards</b> <b>@ 6:30 pm</b> <b>@ FMS gym</b>	21	22	23
24	25	26	27	28	29	30