



Incarnate Word Academy

Middle Level Cross Country

Practice Schedule 2025

September - October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep 7	8	9	10	11	12	13
	Practice 6:15 am @ IWA DC GYM		Practice 6:15 am @ IWA DC GYM		Islander Splash	
Sep 14	15	16	17	18	19	20
	Practice 6:15 am @ IWA DC GYM		Practice 6:15 am @ IWA DC GYM		Race Prep during Wellness/ Athletics	Goliad Meet
Sep 21	22	23	24	25	26	27
	Practice 6:15 am @ IWA DC GYM		Practice 6:15 am @ IWA DC GYM		Practice 6:15 am @ IWA DC GYM	
Sep 28	29	30	1	2	3	4
	FINAL EXAMS (OYO)		FINAL EXAMS (OYO)		FINAL EXAMS (OYO)	
Oct 5	6	7	8	9	10	11
	FALL BREAK (OYO)		FALL BREAK (OYO)		FALL BREAK (OYO)	
Oct 12	13	14	15	16	17	18
	Practice 6:15 am @ IWA DC GYM		Practice 6:00 PM @ IWA Training Site- OLCC	Angel Invite		TBA
Oct 19	20	21	22	23	24	25
		UNIFORM TURN IN DURING WELLNESS/ATHLETICS				

Things to Remember for Morning Practice:

1. Please arrive to practice on time 2. Self care products 3. School clothes 4. Breakfast or Money for Breakfast

OLCC - Our Lady of Corpus Christi (1200 Lantana St, Corpus Christi, TX 78407)
 (DC-Drop Off Horsehoe Side)

Rev.09/15/2025