



Incarnate Word Academy

Middle Level Cross Country

Practice Schedule 2022

August - October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
	Labor Day Challenge (OYO)		Practice 6:30 pm @ IWA Training Site- Cole Park		Race Prep 4:00 pm @ IWA DC	STJ Invitational (Victoria)
11	12	13	14	15	16	17
	Practice 6:15 am @ IWA DC GYM		Practice 6:30 pm @ IWA Training Site- OLCC		(OYO)	
18	19	20	21	22	23	24
	Practice 6:15 am @ IWA DC GYM		Race Prep 4:00 pm @ IWA DC	Carroll @ Tom Browne		
25	26	27	28	29	30	1
	Practice 6:15 am @ IWA DC GYM		Practice 6:30 pm @ IWA Training Site- OLCC	Race Prep 4:00 pm @ IWA DC	Nike South	
2	3	4	5	6	7	8
	EXAMS (OYO)		EXAMS (OYO)		EXAMS (OYO)	
9	10	11	12	13	14	15
	Practice 8:00 am @ IWA DC (Optional)		Practice 8:00 am @ IWA DC (Optional)		Race Prep 8:00 am @ IWA DC (Optional)	Angel Invite

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
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Rev.09 /06/2022