

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 CC Team Meeting #2; Calendar Updates and Camp updates	2	3	4	5 <u>4A STATE Championship T & F @ UNF</u>
6 CC Athletes may cross-train: Bicycles or Swimming (Light running)	7 CC Athletes: EZD and fun mileage on own--OPTIONAL	8 CC Athletes: EZD and fun mileage on own--OPTIONAL	9 CC Athletes: EZD and fun mileage on own--OPTIONAL	10 CC Athletes: EZD and fun mileage on own--OPTIONAL	11 CC Athletes: EZD and fun mileage on own--OPTIONAL	12 CC Athletes: EZD and fun mileage on own--OPTIONAL
13 <u>Week 1</u> https://www.signmeup.com/site/reg/register.aspx?fid=QG2V5H7 (JTC Camp \$)	14 CC Conditioning 4:30PM @ Bartram Park	15 CC Conditioning 4:30PM @ Bartram Park	16 CC Conditioning 4:30PM @ Bartram Park	17 CC Conditioning 5:30PM @ Bartram Park	18 No Team Conditioning	19 CC Conditioning: Beach Run followed by <u>Waterstation Jax BeachFest 10K</u>
20 <u>Week 2</u> NOTE: CC Camp is set for July 7th at FSU	21 CC Conditioning 4:30PM @ Bartram Park	22 CC Conditioning 4:30PM @ Bartram Park	23 CC Conditioning 4:30PM @ Bartram Park	24 CC Conditioning 5:30PM @ Bartram Park	25 No Team Conditioning	26 CC Conditioning 7:00AM @ Ft. Caroline; Carpool
27 <u>Week 3</u> Note: Incoming Freshman can come to Saturday practices.	28 No SCHOOL	29 CC Conditioning 4:30PM @ Bartram Park	30 CC Conditioning 4:30PM @ Bartram Park	31 CC Conditioning 5:30PM @ Bartram Park		

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June 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Week 4</u>					1 Last Day of School <u>No Team Conditioning</u>	2 Bartram Park @ 7:00AM FIRST DAY FOR FRESHMAN SAT Testing
<u>Week 5</u>	3 4 <u>Conditioning:</u> 6:45AM@ Bartram Park Trails_	5 6 <u>Conditioning:</u> 6:45AM@ Bartram Park Trails	6 7 6PM Time Trial 7:00PM: Parent's Meeting @ Track	7 8 <u>Conditioning:</u> 6:00PM@ LANDING; leave school at 5:30PM	8 9 <u>Conditioning:</u> 6:45AM@ Bartram Park Trails	9 10 Practice: UNF: Meet at school 7:00AM Water Station: Run for the Pies ACT TESTING
<u>Week 6</u>	10 11 <u>Conditioning</u> 6:45AM@ MHS TRACK	12 13 <u>Conditioning:</u> 6:45AM@	13 14 <u>Conditioning:</u> 6:45AM	14 15 <u>Conditioning:</u> 6:00PM	15 16 <u>Captains Practice:</u> 7AM COACH's BBQ @ 10:45AM	16 17 Long Run @ Fort Caroline Meet @ school 7:00AM
<u>Week 7</u>	17 18 <u>Conditioning</u>	19 20 <u>Conditioning:</u>	20 21 <u>Conditioning:</u> "Team Fun Day"	21 22 Captain's Practice 7:00AM FACA CLINIC	22 23 Captain's Practice 7:00AM FACA Clinic.	23 24 Captain's Practice 7:00AM FACA Clinic
<u>Week 8</u>	24 25 Captain's Practice 7:00AM COACH ON VAC.	26 27 Captain's Practice 7:00AM COACH ON VAC.	27 28 Captain's Practice 7:00AM COACH ON VAC.	28 29 COACH ON VAC.	29 30 COACH ON VAC.	30 31 COACH ON VAC.

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July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Week 9</i>	2	3	4 Water Station: Celebration 5K (6:00 AM)	5 Conditioning: 6:00PM@ LANDING	6 Captain's Practice 7:00AM	7 Travel to FSU Seminole Trails Camp (8:30am) Run @ 3:30PM
8 FSU Seminole Camp <i>Week 10</i>	9 FSU Seminole Camp	10 FSU Seminole Camp	11 FSU Seminole Camp (return to MHS @ 2:00PM)	12 Conditioning: 6:00PM@ LANDING	13 Captain's Practice 7:00AM	14 Long Run @ GUANA PARK; leave school @ 7:00AM ACT TESTING
15 <i>Week 11</i>	16 Conditioning: 6:45AM@ MHS TRACK	17 Conditioning: 6:45AM@ MHS Track	18 Conditioning: 8:00AM @ MHS Track/POOL	19 Conditioning: 6:00PM@ LANDING	20 Conditioning:	21 Long Run @ Hanna Park @ School 8:00AM Water Station: Vestcor Bridge Run
22 <i>Week 12</i>	23 Conditioning:	24 Conditioning:	25 Conditioning:	26 Conditioning:	27 Captain's Practice 7:00AM	28 5 th Schmannual LONGLEAF PINE RUN 5:30AM
29 <i>Week 13</i> First Practice Week	30 Practice:	31 Practice				

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August 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Practice "Team Fun Day"	2 Practice	3 Practice Water Station: Tour De Pain	4 -2 Long Run @ Ft Caroline; leave school @ 7:00AM Water Station: Tour De Pain
Week 13 5	Teacher Planning Practice: 6:00AM 6	Teacher Planning Practice: 6:00AM 7	Teacher Planning Practice: 6:00AM 8	Teacher Planning Practice: 6:00PM@ LANDING 9	Teacher Planning Practice: 6:00AM 10	TBD: Mustang Community and Alumni 5K 11
Week 12 (Preseason Classics) 12	First Day of School Practice: 4:30PM 13	Practice: 4:30PM 14	Practice: 5:30PM 15	Practice: 5:30PM 16	CECIL FIELD PRE-SEASON MEET @7:45PM 17	Practice: Guana River (8AM) Water Station: Beaches Run: 5:00PM 18
Week 11 First Week of Regular Season 19	20	21	22	23	24 AM Practice; Travel to ATL; Leave at 12:30PM	MEET: Saucony Battle of Atlanta (top 24); JV @ 7:30AM; V @8:00AM SAT TESTING 25
Week 10 26	27	28	**EARLY DISMISSAL** 29	30	31 AM Practice; Travel to Cartersville, GA; Leave at 2:15 PM	

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September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30						1 MEET: Run at the Rock; Cartersville GA (tentative)
<u>Week 9</u> 2	3 LABOR DAY; NO CLASSES; PRACTICE AT 7:00 AM	4	5	6	7	8 MEET: Florida Horse Park, Ocala (day trip; leave at 3:45AM) ACT TESTING
<u>Week 8</u> 9	10	11	12 **EARLY DISMISSAL**	13	14	15 MEET: BALE AND TRAIL
<u>Week 7</u> 16	17	18	19 **EARLY DISMISSAL**	20	21 AM Practice; Leave for North Carolina (2:15PM)	22 MEET: Hare and Hounds, McAlpine, Charlotte, NC (top 24)
<u>Week 6</u> 23	24	25	26	27	28	29 MEET: Alligator Lake Invitational

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October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2	3 **EARLY DISMISSAL**	4	5	6 MEET: CECIL FIELD Gateway Conference? SAT TESTING	
<u>Week 5</u>	7	8	9	10	11 MEET CECIL FIELD Gateway Conference?	12 Travel to FSU: 12:30PM	13 MEET: FSU PRE- STATE
<u>Week 4</u>	14	15	16 **EARLY DISMISSAL**	17	18	19 PLANNING DAY: PM PRACTICE	20 MEET: BK JV CHAMPIONSHIP
<u>Week 3</u>	21	22	23	24	25	26	27 MEET DISTRICT CHAMPIONSHIP ACT TESTING
<u>Week 2</u>	28	29	30 **EARLY DISMISSAL**	31			

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November 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 MEET: REGIONAL CHAMPIONSHIP SAT TESTING
Week 1 4	5	6	7	8	9 TRAVEL TO FSU STATE MEET	10 MEET: STATE CHAMPIONSHIP
11	12 VETERANS DAY- NO CLASSES	13	14 **EARLY DISMISSAL**	15	16	17
18	19	20	21 (WD-NO SCHOOL)	22 THANKSGIVING	23 NO SCHOOL	24
25	26	27	28 **EARLY DISMISSAL**	29	30	DEC 1 TRACK DISTANCE CONDITIONING Bartram Trail 8:00AM SAT TESTING

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