



Summer Schedule Cross-Country 2022

Team Communication: **Heja App** Codes: Boys Team: JR-962306; Girls Team KW-140375

Practice locations and times are subject to change. Information will be posted on the Team Heja App.

May 2022

May 3: Boys Team Meeting, 2:15PM after school in Room O-201

May 4: Girls Team Meeting, 2:15PM after school in Room O-201

May 9-13: Middle School Publicity Week

May 21: May Conditioning Begins, MHS Track 7:30AM

May 15: Deadline for JTC Summer Camp Scholarships <https://raceroster.com/events/2022/59171/jtc-running-scholarship>

May 25: Graduation, run on own

May Conditioning Schedule:

1. Monday, Thursday, and Friday, 3:00PM @ Bartram Trails.
2. Tuesdays 2:45PM @ MHS
3. Saturday Long Runs: May 21 @ MHS 7:30AM; May 28 @ Fort Caroline 7:30AM

June 2022

June 1: updated physical eligibility due on www.athleticclearance.com

June 4: Fund Raiser: Water Station @ Run for the Pies, PM

June 10: First official day for Freshmen runners @ MHS Track

June 17: 6:00PM @ MHS: Track and Snack Time Trial (races, food, and Parent Meeting (6:00PM-8:00PM)

June 27-29: Coaches Clinic; conditioning plan TBD

June Conditioning Schedule:

1. Monday, Thursday, Friday: 7:30AM @ Bartram Trails.
2. Tuesdays: 7:30AM @ MHS.
3. Varsity BIODs (By Invitational Only): Monday and Wednesday 6:00PM @ MHS: Recovery, Drills and Weights
4. Saturday Long Runs, 7:30AM: June 4 @Bartram Trails; June 11 @Baldwin; June 18 @ Hanna Park; June 25 @Fort Caroline

July 2022

July 4: Water Station Fund Raiser, Celebration Run, AM

July 6-10: Team CC Camp, FSU Seminole Trails Running Camp @ FSU <http://www.seminoletrailscamp.com/>

July Conditioning Schedule:

1. Monday, Thursday, Friday: 7:30AM @ Bartram Trails.
2. Tuesdays: 7:30AM @ MHS.
3. Varsity BIODs (By Invitational Only): Monday and Wednesday 6:00PM @ MHS: Recovery, Drills and Weights
4. Saturday Long Runs: July 2 @ MHS; July 16 @ Guana River Park; July 23 and July 30 TBD

August 2022

August 1: Official Practice Season Begins/Tryouts

August 11: Race Under the Lights: Team Track Trials, 7:00 PM

August 12-13: Water Station Fund Raiser, Tour de Pain (PM, AM, PM)

August 20: Mustang Community and Alumni 5K

August 15: First Day of School

August 26: Cecil Field Invitational: First Meet

August 27: Water Station Fund Raiser, Summer Beaches Run, PM

August Practice Schedule

1. August 1-6: Still on summer routines
2. August 8-13: Teacher Planning schedule (TBD)
3. August 15-31: School year schedule, Monday-Friday, PM; Saturday-Long Runs/Meets, AM