

# June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 <i>Junior &amp; Senior Breakfast 10am Panera</i>	3
4	5	6 <i>XC Camp 7:30-10:30 am Bus from LWC to Channahon Commu- nity Park</i>	7 <i>XC Camp 7:30-10:30 am Bus from LWC to Goodenow F.P.</i>	8 <i>XC Camp 7:30-11:30 am Bus from LWC to Greene Valley F.P. Stop at Dick Pond for shoes/shoe fitting</i>	9 <i>XC Camp 7:30-10:30 am Bus from LWC to Kankakee River State Park</i>	10
11 <i>Conditioning ending times vary but will be close to 9 am</i>	12	13 <i>7:30 am XC Conditioning at Downtown Frankfort</i>	14 <i>7:30 am XC Conditioning at Downtown Frankfort</i>	15 <i>7:30 am XC Conditioning at Downtown Frankfort</i>	16	17
18	19	20 <i>7:30 am XC Conditioning at Pilcher Park Green- house</i>	21 <i>7:30 am XC Conditioning at Pilcher Park Green- house</i>	22 <i>7:30 am XC Conditioning at Pilcher Park Green- house</i>	23	24
25	26	27 <i>7:30 am XC Conditioning at Lions Den Park</i>	28	29	30	

# July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 <b>7:30 am</b> <i>XC Conditioning at Lions Den Park</i>	7	8
9	10	11 <b>7:30 am</b> <i>XC Conditioning at Hickory Creek LaPorte</i>	12 <b>7:30 am</b> <i>XC Conditioning at Hickory Creek LaPorte</i>	13 <b>7:30 am</b> <i>XC Conditioning at Hickory Creek LaPorte</i>	14	15
16	17	18 <b>7:30 am</b> <i>XC Conditioning at Hickory Creek Rt. 30</i>	19 <b>7:30 am</b> <i>XC Conditioning at Hickory Creek Rt. 30</i>	20 <b>7:30 am</b> <i>XC Conditioning at Hickory Creek Rt. 30</i>	21	22
23	24 <b>XC Camp</b> <i>7:30 am-2:00 pm Bus from LWC to Indiana Dunes</i>	25 <b>XC Camp</b> <i>7:30-11:00 am Bus from LWC to Herrick Lake F.P.</i>	26 <b>XC Camp</b> <i>7:30-11:00 am Bus to McKinley Woods</i>	27 <b>XC Camp</b> <i>7:30-10:30 am Bus to Dellwood</i>	28 <b>Bus to Detweiller at Dark with Coach Taylor</b>	29
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# August 2023

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 <i>1st Day of Practice</i>	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		