

# June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 <i>XC Camp 7:30-11:00 am Bus from LWC to Channahon Commu- nity Park</i>	11 <i>XC Camp 7:30-11:00 am Bus from LWC to Goodenow F.P. Jr/Sr Breakfast after</i>	12 <i>XC Camp 7:30-11:30 am Bus from LWC to Greene Valley F.P. Stop at Dick Pond for</i>	13 <i>XC Camp 7:30-11:00 am Bus from LWC to Kankakee River State Park</i>	14	15
16 <i>Conditioning ending times vary but will be close to 9 am</i>	17	18 <i>7:30 am XC Conditioning at Downtown Frankfort</i>	19 <i>7:30 am XC Conditioning at Downtown Frankfort</i>	20 <i>7:30 am XC Conditioning at Downtown Frankfort</i>	21	22
23	24	25 <i>7:30 am XC Conditioning at Mokena Main Park</i>	26 <i>7:30 am XC Conditioning at Mokena Main Park</i>	27	28	29
30						

# July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 <b>7:30 am</b> <i>XC Conditioning at Lions Den Park</i>	3 <b>7:30 am</b> <i>XC Conditioning at Lions Den Park</i>	4	5	6
7	8	9 <b>7:30 am</b> <i>XC Conditioning at Pilcher Park Green- house</i>	10 <b>7:30 am</b> <i>XC Conditioning at Pilcher Park Green- house</i>	11 <b>7:30 am</b> <i>XC Conditioning at Pilcher Park Green- house</i>	12	13
14	15	16 <b>7:30 am</b> <i>XC Conditioning at Hickory Creek LaPorte</i>	17 <b>7:30 am</b> <i>XC Conditioning at Hickory Creek LaPorte</i>	18 <b>7:30 am</b> <i>XC Conditioning at Hickory Creek LaPorte</i>	19	20
21	22	23 <b>7:30 am</b> <i>XC Conditioning at Hickory Creek Rt. 30</i>	24 <b>7:30 am</b> <i>XC Conditioning at Hickory Creek Rt. 30</i>	25 <b>7:30 am</b> <i>XC Conditioning at Hickory Creek Rt. 30</i>	26 <b>XC Camp</b> <b>Bus to Detweiller at</b> <b>Dark @4:30 pm</b>	27
28	29 <b>XC Camp</b> <b>7:30 am-2:00 pm</b> <b>Bus from LWC to</b> <b>Indiana Dunes</b>	30 <b>XC Camp</b> <b>7:30-11:00 am</b> <b>Bus from LWC to</b> <b>Centennial Trail</b>	31 <b>XC Camp</b> <b>7:30-11:00 am</b> <b>Bus from LWC to</b> <b>Herrick Lake</b>			

# August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 <i>Dead Week—No Practice or Camps</i>	5	6	7	8	9	10
11	12 <i>1st Day of XC Season/Practice Practice 7:30-11:00 am Bus to Fox River Trail</i>	13	14	15	16	17
18	19	20 <i>1st Day of School</i>	21	22	23	24
25	26	27	28	29	30	31