

## Lady Scots CC Practice Schedule

Sept. 16<sup>th</sup> - 21<sup>st</sup>

\*Monday, Sept. 16<sup>th</sup>- Practice @ 3:15 p.m.-5:30 p.m. @ Norbuck Park. Ice bath @ stadium. For Open House, we will not meet 8<sup>th</sup> period, so please let your parents know this. :)

\*Tuesday, Sept. 17<sup>th</sup> - Practice @ 3:15 p.m.-5:45 p.m. @ TP Hill. Ice bath @ stadium.

\*Wednesday, Sept. 18<sup>th</sup> - Practice @ 3:15 p.m.-5:30 p.m. @ Norbuck Park. Ice bath @ school.

\*Thursday, Sept. 19<sup>th</sup> - Practice @ 3:15 p.m.-5:15 p.m. @ Flag Pole Hill.

\*Friday, Sept. 20<sup>th</sup> - End of 6 weeks. Team Meeting @ 2:45 p.m.-4:30 p.m. We will be in the team meeting room at 2:45 p.m. Ice bath @ stadium after meeting.

\*Saturday, Sept. 21<sup>st</sup> - McNeil Invitational @ Old Settlers Park in Round Rock. 1<sup>st</sup> race begins @ 7:30 a.m.

**\*End of 6 Weeks is Friday, Sept. 20<sup>th</sup>. Grades will be released on Tuesday, Sept. 24<sup>th</sup> at 8:00 a.m. If you fail the 6 weeks, you will be done with your season because you will be ineligible for the District Meet due to UIL eligibility rules. Please make sure you are taking care of the classroom - going to morning tutorials, doing your homework, and retesting when necessary. Remember - your teammates are counting on you!**

**\*Just a reminder the District 12-5A Championships is Thursday, Oct. 10<sup>th</sup>. You will miss all day of school, so please start planning for this. If for some reason, the weather doesn't cooperate, the makeup day is Saturday, Oct. 12<sup>th</sup>. Please make sure you have this on your calendar. :)**

**\*Practice Friday, Oct. 11<sup>th</sup> for Varsity only - this will include everyone who moves on after the District Meet.**

**\*Practice Monday, Oct. 14<sup>th</sup> and Tuesday, Oct. 15<sup>th</sup> for Varsity only - this will include everyone who moves on after the District Meet. There isn't any school on these days, so please make sure you have this on your calendar. It has been on the schedule all season. On Monday, Oct. 14<sup>th</sup>, practice will be at 7:00 a.m. On Tuesday, Oct. 15<sup>th</sup>, practice will be at 3:00 p.m. (this is a change due to the coaches having to be in meetings at school).**

**RUNNING ON SUNSHINE**

