August

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 FIRST DAY!  8:00 – 10:00 | 10  8:00- 10:00 | 11  8:00- 10:00  Bus: Hadley Valley Bruce Road Access | 12 |
| 13 | 14  8-10  Bus: Sugar Creek on Laraway Road  Parent Meeting (TBA) | 15  8-10 | 16  8-10 | 17  3:30- 5:30  Bus: Route 6 & Gougar Road  (Gougar entrance) | 18  3:30- 5:30  Uniforms  IMPACT testing | 19  Pictures (TBA) |
| 20 | 21  3:30- 5:30  Bus: Dellwood Park | 22  3:30- 5:30  Pre-Meet Practice | 23  Bus: Hickory Creek at Schoolhouse Rd and Route 30 | 24  3:30- 4:30  Pre-Meet Practice | 25  **New Pre-Season Invite!**  **Details TBA** | 26 |
| 27 | 28  3:30- 5:30  Bus: Hadley Valley Bruce Road Access | 29  **Plainfield North Relays Conditioner**  Bus: TBA | 30  3:30- 5:30  Bus: Channahon Community Park | 31  3:30- 5:30 |  |  |

September

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1  3:30- 4:30  Pre-Meet Practice | 2  **Plainfield Central Invite**  Bus: |
| 3 | 4  Labor Day  No School  No Practice | 5  3:30- 5:30  Bus: Sugar Creek on Laraway Road | 6  Open House  Practice TBA | 7  3:30- 5:30  Bus: Channahon Community Park | 8  3:30- 4:30  Pre-Meet Practice | 9  **Steelmen Invite**  Bus: |
| 10 | 11  3:30- 5:30  Bus: Hickory Creek at Schoolhouse Rd and Route 30 | 12  3:30- 5:30 | 13  3:30- 5:30  Bus: I&M Canal at Channahon State Park | 14  3:30- 5:30 | 15  3:30- 4:30  Pre-Meet Practice | 16  **David Brady Argo (Bullfrog) Invite**  Bus: |
| 17 | 18  3:30- 5:30  Bus: Dellwood Park | 19  3:30- 5:30 | 20  3:30- 5:30  Bus: Hadley Valley Bruce Road Access | 21  3:30- 5:30 | 22  3:30- 4:30  Pre-Meet Practice | 23  **Tolfree Farley Tinley Park Invite**  Bus: |
| 24 | 25  3:30- 5:30  Bus: Sugar Creek on Laraway Road | 26  3:30- 5:30 | 27  3:30- 4:30  Pre-Meet Practice | 28  **Rich East Invite**  Bus: 2:15  (early release) | 29  3:30- 5:30  Team Dinner | 30 |

October

|  |  |  |  |  |  |  |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2  3:30- 5:30  Bus: Hadley Valley Bruce Road Access | 3  Varsity/ JV Only:  **Will County Invite**  Open:  Practice 3:30- 5:30 | 4  3:30- 5:30 | 5  3:30- 5:30  Bus: I&M Canal at Channahon State Park | 6  3:30- 4:30  Pre-Meet Practice | 7  **Rich Central Invite**  Bus: TBA |
| 8 | 9  Columbus Day  No School | 10  3:30- 5:30  Bus: Hickory Creek at Schoolhouse Rd and Route 30 | 11  3:30- 5:30 | 12  3:30- 5:30  Bus: Channahon Community Park | 13  3:30- 4:30  Pre-Meet Practice | 14  **SPC Conference Invite**  Bus: TBA |
| 15 | 16  3:30- 5:30  Bus: Dellwood Park | 17  3:30- 5:30 | 18  3:30- 6:30\*  Bus: Turtlehead Lake | 19  3:30- 5:30 | 20  3:30- 4:30  Pre-Meet Practice | 21  **Regionals Invite**  Bus: TBA |
| 22 | 23  3:30- 5:30  Bus: Sugar Creek on Laraway Road | 24  3:30- 5:30 | 25  3:30- 5:30  Bus: I&M Canal at Channahon State Park | 26  3:30- 4:30  Prepare for Sectionals Trip | 27  Sectionals Trip | 28  **Sectionals!** |
| 29 | 30  Awards Night  7pm | 31 | November 1 | 2 | 3 | 4 |

**Important Dates/ Information**

**Parent Meeting:** Mr. Locke hosts an Athletic Director meeting each season for all sports that all athletes must have a parent/guardian attend at least once during their high school career. Any athlete that has not had a parent/ guardian attend this meeting MUST have someone at the meeting, or per the athletics office they will be suspended for the Providence Invite.

Our team hosts an individual team meeting directly following the Athletic Director’s meeting. We discuss team rules and expectations, as well as any changes to our calendar and season plans.

Date:

**Pictures:** All athletes must attend pictures in full uniform, including tank top, shorts, warm-up jacket, warm-ups pants, socks, and running shoes. Any athletes not in full team gear will not be in the team pictures.

Date:

**Athletic Awareness:** All non-varisity freshman and sophomore athletes attend these meetings 3 times a season after school with a coach and all other JV/ Frosh-Soph sports. Any freshmen or sophomores exempt from the meeting will be told in advance.

Dates:

**Meets:** All invites/ meets are mandatory unless otherwise noted. Meet dates are bolded on the calendar.

**Post-Conference Participation:** After the SPC Conference Invite, only 12 athletes will continue to practice and compete for regionals and sectionals. These athletes will be chosen based on factors such as attendance, season performance, and any injuries/ academic issues. The top 12 will be announced at the Conference meet. All athletes are expected to be ready to participate in the post-season. Failure to complete post-season, (if selected) will result in removal from the team.

**Uniform Turn-In:** Please note uniforms are only accepted after school. Uniforms will NOT be accepted during the school day as it disrupts class. Any uniforms not turned in on time will be assessed an obligation fee of $50 per item.

Any non-top 12 athletes: Monday 16th, Tuesday 17th, after school in room 316

Top 12 athletes: Monday 30th after school in room 316

**Awards Night:**

Date: Monday, October 30th from 7- 8:30pm. Location is TBA.