

Donegal XC Practice Schedule 2023

August/Sept 2023 Varsity/ JH Practice Schedule

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
13  OFF	14 1st Official Practice @ 8 a.m.-10:00 a.m. Meet at the CC Tree HS in Weight Room until 10:30 am	15  Practice @ 8a.m to 10:00 a.m. Meet at the CC Tree	16  Practice @ 8a.m .-10:00 a.m. Meet at the CC Tree HS in Weight Room until 10:30 am	17  Practice @ 8a.m to 10:00 a.m. Meet at the CC Tree	18  Practice @ 8a.m to 10:00 a.m. Meet at back of DIS to Run NW River Trail	19  No Practice, Run on own
20  OFF	21 Practice @ 3:15-5:00 HS in Weight Room until 5:30 pm	22 Practice @ 3:15-5:00	23 Scrimmage at Conestoga Valley  JH @ 6pm HS @ 6:30	24 Practice @ 3:15-5:00	25  Practice 3:15-5:30 Meet at Chickies Day Use Area	26 No Practice, Long Run on own or optional meet at 8 a.m. to carpool to Gretna for Long Run
27  OFF	28  1st day of School Practice after School, 3:15-5:00	29  Practice after School, 3:15-5:00 HS in Weight Room until 5:30 pm	30  Practice after School, 3:15-5:00	31  Practice after School, 3:15-5:00 HS in Weight Room until 5:30 pm	September 1  No School, Practice @ 8 a.m.-9:30 a.m. Meet at back of DIS to Run NW River Trail	Sept 2  No Practice Run on own Warmup run of 10 min, then 6-8x 1 min hills on own, 10 min cool down

## Sept 2023 Varsity Practice Schedule

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
3 OFF	4 Labor Day  No Practice, Premeet run on own	5 Home Meet #1 vs LS & Cocalico 4:15 JH 4:45 HS Girls 5:15 HS Boys	6  Practice after School, 3:15-5:00	7  Practice after School, 3:15-5:00 HS in Weight Room until 5:30 pm	8  Practice after School, 3:15-5:00	9  HS Practice only 8-10 am Meet at Old Trolley Line Park for Long run
10 OFF	11  Practice after School, 3:15-4:30	12 Meet at Solanco w/ Man. Central 4:15 JH 4:45 HS Girls 5:15 HS Boys	13  Practice after School, 3:15-5:00	14  Practice after School, 3:30-4:30 HS in Weight Room until 5:00 pm	15  Practice after School, 3:15-5:00	16 HS Big Spring Invite, Bus Time: 6:30 a.m.
17 OFF	18  Practice after School, 3:15-4:30	19  Practice 3:30-5:00 HS in Weight Room @ 5:30	20  Practice after School, 3:15-5:00	21  Practice 3:30-5:00 HS in Weight Room @ 5:30	22  Practice 3:30-5:00	23  HS Practice only 8-10 am Meet at Old Trolley Line Park for Long run
24 OFF	25  Practice after School, 3:15-4:30	26 Meet at Ephrata with GS 4:15 JH 4:45 HS Girls 5:15 HS Boys	27  Practice after School, 3:15-5:00	28  Practice after School, 3:15-5:00	29 JH Invite at Solanco HS Practice, 3:15-5:30 Weight Room @ 5:00-5:30 am	30  Voluntary Practice at 8 a.m. Location TBA or do long run on own

## October 2023 HS Practice Schedule

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Oct 1 OFF	2 Practice after School, 3:15-4:30	3 Home Meet #2 w/ Elizabethtown 4:15 JH 4:45 HS Girls 5:15 HS Boys	4 Practice after School, 3:15-5:00 Weight Room @ 5:00-5:30 am	5 Practice after School, 3:15-4:45	6 Practice after School, 3:15-4:45	7 Gettysburg Invite, Bus Time: 5:45 a.m.
8 OFF	9 No School, Practice on own, Premeet run on own	10 Practice after School, 3:15-5:30 Weight Room @ 5:00-5:30 am	11 Practice after School, 3:15-4:45	12 Practice after School, 3:15-4:45	13 Last Practice for All Practice after School, 3:15-5:30 Weight Room @ 5:00-5:30 am	14 Last JH Iron Bridge Invite Practice for Top 8 going to Leagues to preview Course, Time: meet at 8 a.m.
15 OFF	16 Varsity Practice (Top 8 Only) after School, School, 3:15-4:30	17 League HS Championship Meet	18 Varsity Practice for those who qualified for Districts,after School, 3:15-4:30	19 Varsity Practice for those who qualified for Districts,after School, 3:15-4:30	20 Varsity Practice for those who qualified for Districts,after School, 3:15-5:30 Weight Room @ 5:00-5:30 am	21 Practice for those who qualified for Districts, TBA
22 OFF	23 Varsity Practice for those who qualified for Districts,after School, 3:15-4:30	24 Varsity Practice for those who qualified for Districts,after School, 3:15-4:30	25 Varsity Practice for those who qualified for Districts,after School, 3:15-4:30	26 Varsity Practice for those who qualified for Districts,after School, 3:15-4:30	27 Varsity Practice (Top 8 Running at Districts) after School, 3:15-4:30	28 District 3 Championships at Big Spring HS