

2018 SJB XC

First Three Weeks Practice Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	20 7:30am – 10:30am at SJB - Soph-Jr-Sr TRYOUT DAY!!! 9am – 10:30 Freshmen Practice	21 6pm – 7:30pm SJB	22 6pm – 7:30pm Park Ave Babylon	23 6pm – 7:30pm SJB	24 9am – 11am SJB	25 8am – 9:30am Park Ave Babylon
26	27 6pm – 7:30pm Park Ave Babylon	28 6pm – 7:30pm Sunken Meadow State Park Picnic Area – Field 4	29 6pm – 7:30pm SJB	30 5:30pm – 7:30pm Robert Mosses State Park Beach – Field 5	31 9am – 11am SJB	SEPTEMBER 1 8am – 9:30am Park Ave Babylon
2	3 Labor Day On Your Own Run Will be assigned by experience level	4 5:30pm – 7:15pm Sunken Meadow State Park Picnic Area - Field 5	5 ½ Day of School for the Freshmen 12-2 SJB Freshmen need to arrange ride home No busses yet	6 ½ day of school for the freshmen 12-2 SJB	7 Full Day of School for everyone Welcome back 3-5 after school All must arrange a ride home – might not be late busses yet?	8 FIRST Competition TBD

We do not hold tryouts for freshmen, however anyone can be removed from the team, at any point during the season, if they are not cooperating with the coaches and/or are breaking SJB school rules.

All practices must be attended unless the athlete is sick

If an athlete is sick Coach Wood must be contacted by the athlete's parent before the start of practice