

June 2023

Jack Britt X Country



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MEMORIAL DAY NO WORKOUTS			1	2	3
4	5 WORKOUTS 8 AM – 9:30	6 WORKOUTS 8 AM – 9:30 AM	7 WORKOUTS 8 AM – 9:30 AM	8 WORKOUTS 8 AM – 9:30 AM	9	10
11	12 WORKOUTS 8 AM – 9:30 AM	13 WORKOUTS 8 AM – 9:30 AM	14 WORKOUTS 8 AM – 9:30 AM	15 WORKOUTS 8 AM – 9:30 AM	16	17
18 FATHER'S DAY	19 WORKOUTS 8 AM – 9:30 AM	20 WORKOUTS 8 AM – 9:30 AM	21 WORKOUTS 8 AM – 9:30 AM	22 WORKOUTS 8 AM – 9:30 AM	23	24
25	26 WORKOUTS 8 AM – 9:30 AM	27 WORKOUTS 8 AM – 9:30 AM	28 WORKOUTS 8 AM – 9:30 AM	29 WORKOUTS 8 AM – 9:30 AM	30	

***No Friday, Saturday, Sunday workouts during the summer.**

Coaching Staff

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Athletic Director – Tracie Taylor