| May | 2016 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 23 | 24 | 25 | 26 | 27 | 28 |
|  | Physical Night |  |  |  |  |  |
|  | 5:00 pm-7:00 pm |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 29 | 30 | 31 |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  | Total Miles for |
|  |  |  |  |  |  | the month: |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| June | 2016 |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | Friay | 4 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  |  |  |  |  |  | National Guard |
|  |  |  |  |  |  | St. Lo Run |
|  |  |  |  |  |  | 7:00 am. I would |
|  |  |  |  |  |  | like you to run o |
|  |  |  |  |  |  | help with this. |
|  |  |  |  |  |  |  |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  |  | FCA-CC Camp | FCA-CC Camp | FCA-CC Camp | FCA-CC Camp |  |
|  |  | In Scottsbluff | In Scottsbluff | In Scottsbluff | In Scottsbluff |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 26 | 27 | 28 | 29 | 30 |  |  |
|  |  |  | Wednesday Night |  |  |  |
|  |  |  | Run at CU @ 6 pm |  |  | Total Miles for |
|  |  |  |  |  |  | the month: |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |


| July | 2016 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  | Seward Optimist |  | Wednesday Night |  |  |  |
|  | Freedom 4th Run. |  | Run at CU @ 6 pm |  |  |  |
|  | 7:00 AM |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  | CC Camp @ H.S. | CC Camp @ H.S. | Wednesday Night | CC Camp @H.S. 6 | CC Camp @ H.S. | 6pm |
|  | Track @ 6:00 pm | Track @ 6:00 pm | Run at CU@ 6 pm | Track @ 6:00 pm | Track @ 6:00 pm |  |
|  | Little Kids Track Club |  | CC Camp @ Cu 6r | Little Kids Track Club |  |  |
|  | At H.S. Track 7:00 p |  |  | At H.S. Track 7:00 p |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | CC Camp @ H.S. | CC Camp @ H.S. | CC Camp @ H.S. | CC Camp @ H.S. | CC Camp @ H.S. |  |
|  | Track @ 6:00 pm | Track @ 6:00 pm | Wednesday Night | Track @ 6:00 pm | Track @ 6:00 pm |  |
|  | Little Kids Track Club |  | Run at CU @ 6 pm | Little Kids Track Club |  |  |
|  | At H.S. Track 7:00 p |  |  | At H.S. Track 7:00 p |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  | Little Kids Track Club |  | Wednesday Night |  |  |  |
|  | At H.S. Track 7:00 p |  | Run at CU @ 6 pm |  |  | Total Miles for |
|  |  |  |  |  |  | the month: |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| August | 2016 |  |  |  |  |  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| - 7 | 8 | 9 | 10 | 11 | 12 | 13 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|  | First Day of Practic | First Day of Schoo |  |  |  |  |
|  | Team Meeting | Early Dismissal |  |  |  |  |
|  | 3:45 in Mr. Pinkall's | Practice Regular |  |  |  |  |
|  | Room. Practice afte | Time |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  | Total Miles for | Total Miles for |
|  |  |  |  |  | the month: | the summer: |
|  |  |  |  |  |  |  |


Q

