

# 2011 COLLINS HILL CROSS COUNTRY SUMMER PRACTICE SCHEDULE

**All practices are optional, but attendance is encouraged because:**

- Running with groups makes it easier and more fun!
- Getting it over in the coolest time of the day is healthier.
- Success will result in the fall!!      **MAKE 25 PRACTICES – GET A T-SHIRT!**

All practices are with the coaching staff from 7:20~9:15AM on the days listed unless otherwise noted. Athletes should meet at the stadium **and be punctual! Please make practice a priority by arranging work schedules, etc. in order to be there. For Tuesday evening runs, we will meet at the Suwanee Creek Greenway at 6:20PM** (Directions: Take Taylor to Lawrenceville-Suwanee Road and go right. Drive for 2 miles passing I-85 and take a left on Satellite Blvd. then take the first right on Martin Farm Road. The parking area is one mile on the left). **Saturdays, we will travel to different local parks to run.**

**\* means practice at the scheduled time**

**X means no practice.**

WEEK (Mon-Sun)	Mon	Tue	Thu	Fri	Sat (with location)
1. May 30-June 5	<b>X</b>	<b>* (AM)</b>	*	*	<b>X</b>
2. Jun 6-12	*	X	*	*	* (Environmental Heritage Center)
3. Jun 13-19	*	*	*	*	* (Little Mulberry – Hog Mountain side)
4. Jun 20-26	*	*	*	*	* (Harbins-Alcovy River Park)
5. Jun 27 – Jul 3	*	*	*	*	* (Tribble Mill Park)
6. Jul 4-10	<b>NO PRACTICE GHSA DEAD WEEK FOR ALL ACTIVITIES!</b>				
7. Jul 11-17 <a href="#">Oakwood, GA</a> )	*	*	*	*	* ( <a href="#">Elachee Nature Center - Chicopee Woods</a> ,
8. Jul 18-24	<b>NO PRACTICE – Brevard Running Camp week</b>				
9. Jul 25-31	*	*	*	*	* ( <a href="#">Harbins-Alcovy River Park</a> )
11. Aug 1-7	*	*	*	*	* DMRR – Mandatory Time Trial

**MANDATORY Practice BEGINS AUGUST 1  
DENNIS MCCORMICK ROAD RACE - AUG 6 – Team try-out  
SCHOOL STARTS - MONDAY, AUG 8  
PRACTICE M-F, 2:40-5:00PM once school starts!**

**Characteristics of Championship Eagles:**

- |                      |                          |                   |                          |
|----------------------|--------------------------|-------------------|--------------------------|
| • <i>Dedication</i>  | to the program           | <i>Sacrifice</i>  | for success              |
| • <i>Faith</i>       | in delayed rewards       | <i>Rest</i>       | from consistent sleep    |
| • <i>Sobriety</i>    | from a drug-free life    | <i>Energy</i>     | from a balanced diet     |
| • <i>Loyalty</i>     | to each other            | <i>Honesty</i>    | with self, coaches, team |
| • <i>Consistency</i> | in every training aspect | <i>Confidence</i> | in all of the above      |