



















September 1998

S	M	T	W	T	F	S
		1 Record you time or mileage AND how you felt	2 Booster's Meeting 7:00 @ Lynbrook 	3 Be patient & don't expect too much too soon.	4 Set goals, physical for MS due.	5
6	7 Our goal is to make you a successful XC runner! HOLIDAY	8	9	10 Lynbrook Time Trial 	11	12 Stretch before AND after your run
13	14 Del Mar 2.1 Miles 	15	16 Uniforms handed out - BE THERE	17 Fremont Invite 2.1 Miles 	18	19 Drink plenty of fluids no matter what time of day you run - No Caffeine
20	21	22 SCVAL Invite 2.2 Miles @ Central Park 	23	24 Visualize your running form while you're sleeping - think about it while you're running	25	26 Blossom Valley Invite 3.1 Miles @ Del Mar 
27	28 CURRICULUM DAY	29 The best X-C runners are those that are committed	30			

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				1	2	3 Stanford Invite 3.1 Miles 
4	5 Important and yet neglected body area of runners ... your Abs	6 You should be doing some "crunches" on a regular basis	7	8 Center Meet #1 @ Crystal Springs 	9 Pasta Dinner with Thousand Oaks HS at Coaches	10 Serra Invite OPTIONAL 
11	12 Eat well balance meals with a variety of choices	13 Make sure you eat and take in fluids on meet days	14	15 Center Meet #2 @ Crystal Springs 	16 Review Goals	17
18	19 Try to avoid high fat, salty foods	20	21	22 St Francis Invite @ FJC 	23	24
25	26	27 Listen to your injuries - rest & ice are your 2 key medicines	28	29 Lynbrook Invite @ LHS 	30 JUST DO IT!	31

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S	M	T	W	T	F	S
1	2	3 MANDATORY  DAL Meet @ Crystal Springs	4 MVP Voting - Last day of X-C	5	6	7
8	9	10	11 VETERAN'S DAY	12	13	14 CCS Meet @ Crystal Springs 
15	16	17	18	19	20	21 2 Mile Postal Meet @ LG OPTIONAL 
22	23	24  X-C Party 6:00	25	26 Happy Thanksgiving - Enjoy eating with family 	27	28 State Meet in PESNO 
29	30					