

SHELDON CROSS COUNTRY

September 2014 (Revised 09-02-14)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	1 Labor Day 4:00 pm Practice at Alton Baker Park	2 3:30 pm Practice at Sheldon Track 5:30 pm Parent's Meeting in Sheldon Seminar Room C-9	3 3:45 pm Practice at Sheldon Track; Uniform Issue and Secret Pals	4 3:45 pm Practice at Sheldon Track 6:00-8:00 pm Team Pasta Dinner at Rosebrook's (3070 Dapple Way, 97401)	5 1:00 pm Class Dismissed; 1:15 pm Bus loads at front of School for Marist XC Invite At Richardson Park, Fern Ridge; Meet starts at 3:30 pm	6 8:30 am Practice at Alton Baker Park
Rest	7	8 3:45 pm Practice at Sheldon Track	9 3:45 pm Practice at Sheldon Track	10 3:45 pm Practice at Sheldon Track	11 3:45 pm Practice at Sheldon Track	12 3:45 pm Practice at Sheldon Track
Rest	14	15 3:45 pm Practice at Sheldon Track	16 3:45 pm Practice at Sheldon Track 6:00-8:00 pm Team Pasta Dinner at TBD	17 Class dismissed at 1:15 pm Bus loads at 1:30 pm for SOC Pre- Districts at LCC; Meet starts at 3:45 pm	18 3:45 pm Practice at Sheldon Track	19 Bring Uniform & Picture Packet! 3:45 pm Practice at Sheldon Track; 4:30 pm Team Pictures
Rest	21	22 3:45 pm Practice at Sheldon Track	23 3:45 pm Practice at Sheldon Track	24 3:45 pm Practice at Sheldon Track	25 3:45 pm Short Practice at Sheldon Track 5:00 pm Meet at EWEB for Twilight River Run Fundraiser 6:00 pm Race	26 3:45 pm Practice at Sheldon Track 6:00-8:00 pm Pasta Dinner at TBD
						27 Bus loads at 7:00 am at Sheldon for Nike Pre- National Meet at Portland Meadows; Meet starts at 10:55 am

For Pasta Dinners: Freshmen bring desserts, Sophomores bring drinks, Juniors bring salads, Seniors bring bread

Coaching Staff

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Boldon, Tom
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Please visit our new team website at www.sheldontfxc.org

This will be a great resource all year long for
Cross Country and Track & Field