

# SHELDON CROSS COUNTRY

## August 16 – September 5, 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aug 16</b> Rest Day	<b>Aug 17</b> <b>Official Practices Begin:</b> 8:00 am at Alton Baker Park  4:00 pm at Sheldon Track	<b>Aug 18</b>  4:00 pm at Alton Baker Park	<b>Aug 19</b> 8:00 am at Alton Baker Park  4:00 pm at Sheldon Track  6:00 pm Parent meeting at Sheldon High school	<b>Aug 20</b>  4:00 pm at Alton Baker Park	<b>Aug 21</b> 8:00 am at Alton Baker Park  4:00 pm At Sheldon Track	<b>Aug 22</b> 8:00 am At Hendricks Park
<b>Aug 23</b> Rest Day	<b>Aug 24</b> 8:00 am at Alton Baker Park  4:00 pm at Sheldon Track	<b>Aug 25</b>  4:00 pm at Alton Baker Park	<b>Aug 26</b> 8:00 am at Alton Baker Park  4:00 pm At Sheldon Track	<b>Aug 27</b>  4:00 pm at Alton Baker Park	<b>Aug 28</b> 8:00 am At Alton Baker Park  4:00 pm at Sheldon Track	<b>Aug 29</b> 8:00 am Workout At Sheldon Track  10:00-1:00 Irish trail clean-up
<b>Aug 30</b> Rest Day	<b>Aug 31</b>  4:00 pm at Sheldon Track	<b>Sept 1</b>  4:00 pm at Sheldon Track	<b>Sept 2</b>  4:00 pm at Sheldon Track	<b>Sept 3</b>  4:00 pm at Sheldon Track  6:00-8:00 pm Pasta Dinner Location TBA	<b>Sept 4</b> Bus departure TBA <b>Marist XC Invite at Richardson Park, Fern Ridge</b> 9:30 am-1:45 pm	<b>Sept 5</b> Possible morning practice TBA

### For Pasta Dinners:

Freshmen bring desserts; Sophomores bring drinks; Juniors bring salads; Seniors bring bread.

### Coaching Staff

<b>Brayce Forsha</b>	(541) 513-3182 (head coach)	<a href="mailto:brayceforsha@gmail.com">brayceforsha@gmail.com</a>
Erin Regali	(541) 954-4745	<a href="mailto:eregali@comcast.net">eregali@comcast.net</a>
Caleb Patrick	(971) 404-6511	<a href="mailto:calepatrick19@gmail.com">calepatrick19@gmail.com</a>

**Upcoming Events:** Twilight River Run – September 24<sup>th</sup> @ 6:00pm  
 Papa's Pizza Fundraiser – October 14<sup>th</sup>

**Check out our team website: [Sheldontfxc.org](http://Sheldontfxc.org)**  
**For news, photos, and more!**