

## Coaches:

• Eric Adolf, Head Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION LEAGUE / NON- LEAGUE
Aug 21, 2023	Mon	Practice	N/A	8:00 AM	10:00 AM	JC HS Track	
Aug 22, 2023	Tue	Practice	N/A	8:00 AM	10:00 AM	JC HS Track	
Aug 23, 2023	Wed	Practice	e N/A	8:00 AM	10:00 AM	JC HS Track	
Aug 24, 2023	Thu	Practice	N/A	8:00 AM	10:00 AM	JC HS Track	
Aug 25, 2023	Fri	Practice	N/A	8:00 AM	10:00 AM	JC HS Track	
Aug 31, 2023	Thu	Practice	N/A	9:00 AM	11:00 AM	JC HS Track	
Sep 1, 2023	Fri	Practice	e N/A	9:00 AM	11:00 AM	JC HS Track	

Date: 2024-05-10