



# Jamesville-Dewitt

## (B) V Cross Country

### Coaches:

- Emily Rowles, Head Coach

| DATE         | WEEK DAY | TYPE  | OPPONENTS                | START TIME | END TIME | LOCATION       | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|---|--------------------------|------------|----------|----------------|----------------|---------------------|
| Aug 18, 2022 | Thu      | Practice (JD COACHES Meeting noon-1pm LGR)  | N/A                      | 12:00 PM   | 1:00 PM  | JDHS - LGR     |                |                     |
| Aug 22, 2022 | Mon      | Practice (1st practice )  | N/A                      | TBD        |          | JD HS Main Gym |                |                     |
| Aug 24, 2022 | Wed      | Practice (SCAC League COACHES Mgt. at Marcellus HS 6pm)                                     | N/A                      | 6:00 PM    | 7:00 PM  | TBD            |                |                     |
| Aug 25, 2022 | Thu      | Practice (All Sports Booster Fundraiser @ Syracuse Mets)                                    | N/A                      | TBD        |          | TBD            |                |                     |
| Aug 27, 2022 | Sat      | Practice (Pre-Season Parent meeting - JDHS Auditorium or JDHS Stadium )                     | N/A                      | 8:00 AM    | 8:30 AM  | TBD            |                |                     |
| Aug 30, 2022 | Tue      | Practice (Freshman Orientation noon-1:30, Freshman Parent Mgt with Guidance Department 7pm) | N/A                      | 7:00 PM    |          | TBD            |                |                     |
| Aug 31, 2022 | Wed      | Practice (Superintendent Conference Day for Teachers )                                      | N/A                      | 7:45 AM    | 3:00 PM  | TBD            |                |                     |
| Sep 1, 2022  | Thu      | Practice (Superintendent Conference Day for Teachers )                                      | N/A                      | 7:45 AM    | 3:00 PM  | TBD            |                |                     |
| Sep 2, 2022  | Fri      | Practice (Picture Day )   | N/A                      | 11:15 AM   |          | JD HS Main Gym |                |                     |
| Sep 3, 2022  | Sat      | Practice (SU v Louisville Youth Sport Day )   | N/A                      | 8:00 PM    |          | TBD            |                |                     |
| Sep 5, 2022  | Mon      | Practice (LABOR DAY - NO Practice )   | N/A                      | TBD        |          | TBD            |                |                     |
| Sep 6, 2022  | Tue      | Practice (1st Day of School 2022-2023!!!)   | N/A                      | TBD        |          | TBD            |                |                     |
| Sep 21, 2022 | Wed      | Regular Season  | Cortland, Central Square | 4:30 PM    |          | JD HS Stadium  |                | L                   |
| Sep 26, 2022 | Mon      | Practice (Rosh Hashanah - no practices )  | N/A                      | TBD        |          | TBD            |                |                     |
| Oct 1, 2022  | Sat      | Practice (S.A.T. Exams at JDHS 7:45am-3pm No building access)                               | N/A                      | 7:45 AM    | 3:00 PM  | TBD            |                |                     |
| Oct 3, 2022  | Mon      | Practice (EASTSIDE COLLEGE FAIR at JDHS - SR excused at 5pm)                                | N/A                      | TBD        |          | TBD            |                |                     |
| Oct 3, 2022  | Mon      | Practice (Spirit Week/Homecoming Oct 3rd- Oct 8th)  | N/A                      | TBD        |          | TBD            |                |                     |
| Oct 5, 2022  | Wed      | Practice (YOM KIPPUR - NO practice )  | N/A                      | TBD        |          | TBD            |                |                     |
| Oct 6, 2022  | Thu      | Practice (JDHS Open House 6:30pm-8:30pm)  | N/A                      | 6:30 PM    | 8:30 PM  | TBD            |                |                     |
| Oct 10, 2022 | Mon      | Practice (Columbus Day - No School)   | N/A                      | TBD        |          | TBD            |                |                     |
| Oct 15, 2022 | Sat      | Practice (PSAT Exams at JDHS for Jr's - no building access 7:45am-3pm)                      | N/A                      | 7:45 AM    | 3:00 PM  | TBD            |                |                     |

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|--------------|----------|--|-----------|------------|----------|-----------------|-----------------------------|
| Nov 8, 2022  | Tue      | Practice (Superintendent Conference Day for teachers 7:45am-2pm, JD Winter Coaches Meet 2pm-4pm LGR) | N/A       | TBD        |          | TBD             |                             |
| Nov 11, 2022 | Fri      | Practice (Veteran's Day - No School )  | N/A       | TBD        |          | TBD             |                             |
| Nov 16, 2022 | Wed      | Practice (POST Season Sectional COACH MGT. at VVS HS 6:30pm)   | N/A       | 6:30 PM    |          | VVS High School |                             |

Date: 2022-08-08