

November 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
		<ul style="list-style-type: none"> 4:00 PM Pumpkin Run, details to follow. H.H. 4-5:45 		<ul style="list-style-type: none"> 4:00 PM Strength games with running. H. H. 4-5:45 		
4	5	6	7	8	9	10
		<ul style="list-style-type: none"> 4:00 PM Running Relays and games. H.H. 4-5:45 		<ul style="list-style-type: none"> 10:00 AM Note time change! Short run, finish with strength. H.H. 10-12 		
11	12	13	14	15	16	17
		<ul style="list-style-type: none"> 4:00 PM Hill Bounding w/ poles. Games. H.H. 4-5:45 		<ul style="list-style-type: none"> 4:00 PM Running and games. Finish with wax clinic. H.H. 4-5:45 		
18	19	20	21	22	23	24
		<ul style="list-style-type: none"> 4:00 PM Running Time Trial. H.H. 4-5:45 		<ul style="list-style-type: none"> 4:00 PM Happy Thanksgiving! - Off 		<ul style="list-style-type: none"> 9:00 AM Nordic Camp @ Bruce's Trail Meet @ H.H. 9-12 (Classic)
25	26	27	28	29	30	1
<ul style="list-style-type: none"> 9:00 AM Nordic Camp @ Bruce's Trail Meet @ H.H. 9-12 (skate) 		<ul style="list-style-type: none"> 4:00 PM Skate ski or run. H.H. 4-5:45 		<ul style="list-style-type: none"> 4:00 PM Classic Ski or run. H.H. 4-5:45 		