



June 2011

The Journey Begins...

Notes for June

- Please sign up for the summer camp at our team website at www.napervillenorthgcc.org
- Team Breakfasts on Fridays are optional, but fun. They are directly after camp, and directions will be given out each week. They will be at the house of a senior runner.
- Weekend runs are a must. They can be between 3 and 10 miles, depending on experience
- Sunday runs are optional and only a good idea for the most experienced runners.
- If you are in town, we want to see you at camp. If not, make plans to run on your own!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9 SCHOOL ENDS!	10	11
12	13 CC Camp @ NCC Begins! 7-9:00 a.m.	14 Yoga Day @ NCC 7-8:30 a.m.	15 CC Camp @ NCC 7-9:00 a.m.	16 Track Condition- ing @ NCC 7-9:00 a.m.	17 CC Camp @ NCC (7-9:00) + Team Breakfast After	18 RUN ON OWN
19 DAY OFF OR RUN ON OWN	20 CC Camp @ NCC 7-9:00 a.m.	21 Yoga Day @ NCC 7-8:30 a.m.	22 CC Camp @ NCC 7-9:00 a.m.	23 Track Condition- ing @ NCC 7-9:00 a.m.	24 CC Camp @ NCC (7-9:00) + Team Breakfast After	25 RUN ON OWN
26 DAY OFF OR RUN ON OWN	27 CC Camp @ NCC 7-9:00 a.m.	28 Yoga Day @ NCC 7-8:30 a.m.	29 CC Camp @ NCC 7-9:00 a.m.	30 Track Condition- ing @ NCC 7-9:00 a.m.		





August 2011

Getting Serious About the TEAM-Building Process...

Notes for August

- Captains' Practices take place at the Riverwalk picnic shelter near the playground, and they are NOT supervised by adults. They are encouraged, but not mandatory.
- Cross Country Registration will be on Friday, August 5th at 8:00 a.m. Runners can show up anytime between 8 and 10. You need a check for \$60, a current physical, and an athlete information form.
- The camping trip is August 10th-12th.
- Working the Naperville Sprint Triathlon is MANDATORY on the 13th and 14th.
- Parents are asked to attend the Parent Meeting after practice on the 27th
- Busses are provided for Blackwell Practices
- Morning practices will be held once weekly and are denoted with a "*AM*"
- AM Practices are optional for freshmen

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 DAY OFF OR RUN ON OWN	1 Captains' Prac- tice @ Riverwalk 7-9:00 a.m./3rd 10-mile run!	2 Captains' Prac- tice @ Riverwalk 7-9:00 a.m.	3 Captains' Prac- tice @ Riverwalk 7-9:00 a.m.	4 Captains' Prac- tice @ Riverwalk 7-9:00 a.m.	5 Captains' Practice @ Riverwalk 7:00am CC Registration 8:00 a.m. @ NNHS Ath. Office	6 RUN ON OWN
7 DAY OFF OR RUN ON OWN	8 Captains' Prac- tice @ Riverwalk 7-9:00 a.m./Final 10-mile run!	9 Captains' Prac- tice @ Riverwalk 7-9:00 a.m.	10 LEAVE FOR CAMPING TRIP 8:00 a.m.	11 CAMPING TRIP!	12 RETURN FROM CAMPING TRIP! Approx. 4:00 pm	13 RUN ON OWN—Set up for Triathlon @ Riverwalk 9-3
14 Work the Naperville Sprint Triathlon 5:00 a.m.-1:00 p.m.	15 Practice @ NNHS Track 3:30-5:30 p.m.	16 Practice @ NNHS Track 3:00-5:30 p.m.	17 Practice @ NNHS Track 3:30-5:30 p.m.	18 Practice @ Blackwell Forest Preserve, 3:30- 6:00 p.m.	19 Practice @ NNHS Track 3:30-5:30 p.m.	20 Practice @ Pembroke Commons 8-10:00 a.m. Alumni Picnic, 10:00- 1:00 p.m.
21 DAY OFF OR RUN ON OWN	22 Practice @ NNHS Track 3:30-5:30 p.m.	23 *AM* Practice @ NNHS Track 3:30-5:30 p.m.	24 Practice @ Blackwell Forest Preserve, 3:30- 6:00 p.m.	25 Practice @ NNHS Track 3:30-5:30 p.m.	26 Practice @ NNHS Track 3:30-5:30 p.m.	27 Practice @ DuPage River Park —8 -10 a.m. Parent Meeting 10:00 -10:30 a.m.
28 DAY OFF OR RUN ON OWN	29 Practice @ NNHS Track 3:30-5:30 p.m.	30 *AM* Practice @ NNHS Track 3:30-5:30 p.m.	31 Practice Meet @ Blackwell For- est Preserve, 3:30-6:20 p.m.			





July 2011

Doing the Work Only Champions Will Do...

Notes for July

- Red Eye Relay is an awesome opportunity available to athletes ready to run their 10-miler. Sign up was in May.
- There will be at least one team service opportunity in July. This is TBA
- The first of four 10-mile run opportunities will take place at NCC camp on July 18th and run every Monday until August 8th.
- The 10-mile run is great, but optional. It is NOT a requirement of the program!
- **CAMPING TRIP PERMISSION FORMS ARE DUE BY FRIDAY, JULY 29TH AT CAMP!**
- Please be sure to get in your workouts while on vacations!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CC Camp @ NCC (7-9:00) + Team Breakfast After	2 RUN ON OWN
3 DAY OFF OR RUN ON OWN	4 Happy Independence Day! Run on own — No NCC Camp	5 Yoga Day @ NCC 7-8:30 a.m.	6 CC Camp @ NCC 7-9:00 a.m.	7 Track Conditioning @ NCC 7-9:00 a.m.	8 CC Camp @ NCC (7-9:00) + Team Breakfast After	9 RUN ON OWN
10 DAY OFF OR RUN ON OWN	11 CC Camp @ NCC 7-9:00 a.m.	12 Yoga Day @ NCC 7-8:30 a.m.	13 CC Camp @ NCC 7-9:00 a.m.	14 Track Conditioning @ NCC 7-9:00 a.m.	15 CC Camp @ NCC (7-9:00) + Team Breakfast After	16 RUN ON OWN
17 DAY OFF OR RUN ON OWN	18 CC Camp @ NCC 7-9:00 a.m./1st 10-mile run!	19 Yoga Day @ NCC 7-8:30 a.m.	20 CC Camp @ NCC 7-9:00 a.m.	21 Track Conditioning @ NCC 7-9:00 a.m.	22 CC Camp @ NCC (7-9:00) + Team Leaves for Red Eye Relay	23 Red Eye Relay Begins!
24 Red Eye Relay Concludes and Team Returns	25 CC Camp @ NCC 7-9:00 a.m./2nd 10-mile run	26 Yoga Day @ NCC 7-8:30 a.m.	27 CC Camp @ NCC 7-9:00 a.m.	28 Track Conditioning @ NCC 7-9:00 a.m.	29 CC Camp @ NCC (7-9:00) + Team Breakfast After CAMPING TRIP FORMS, \$ DUE!	30 RUN ON OWN





September 2011

Setting Out Towards Our Targets Together...

Notes for September

- We will be traveling overnight to the Pleasant Valley Invitational in Bettendorf, IA. This is paid for by our work at the Naperville Sprint Triathlon in August.
- We will have morning practices once weekly from 5:45-7:00 a.m. These practices are denoted on the schedule with an “*AM”
- Morning practices are optional for freshmen.
- Athletes MUST travel to meets with the team, but may always leave with a parent after the meet is concluded. They may also leave with an adult specifically designated by the parent.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Practice @ NNHS Track 3:30-5:30 p.m.	2 Leave for Iowa @ noon Practice @ Crow Creek Park	3 Pleasant Valley Invitational 9:00 a.m.
4 DAY OFF OR RUN ON OWN	5 Labor Day Practice @ DuPage River Park, 8-10:00 am	6 *AM* Practice @ NNHS Track 3:30-5:30 p.m.	7 Practice @ Blackwell Forest Preserve, 3:30- 6:00 p.m.	8 Practice @ NNHS Track 3:30-5:30 p.m.	9 Practice @ NNHS Track 3:30-5:30 p.m.	10 Meet @ Peoria Woodruff Invisa- tional 11:00 a.m.
11 DAY OFF OR RUN ON OWN	12 Practice @ NNHS Track 3:30-5:30 p.m.	13 Meet @	14 *AM* Practice @ NNHS Track 3:30-5:30 p.m.	15 Practice @ Blackwell Forest Preserve, 3:30- 6:00 p.m.	16 Practice @ NNHS Track 3:30-5:30 p.m.	17 Practice @ Pem- broke Commons Park, 8-10:00 am
18 DAY OFF OR RUN ON OWN	19 Practice @ NNHS Track 3:30-5:30 p.m.	20 *AM* Practice @ NNHS Track 3:30-5:30 p.m.	21 Practice @ Blackwell Forest Preserve, 3:30- 6:00 p.m.	22 Practice @ NNHS Track 3:30-5:30 p.m.	23 Meet @ Naperville invita- tional @ DuPage River Park. 4:30	24 Practice @ NNHS , 8-10:00 a.m.
25 DAY OFF OR RUN ON OWN	26 Practice @ NNHS Track 3:30-5:30 p.m.	27 Meet @ .	28 *AM* Practice @ NNHS Track 3:30-5:30 p.m.	29 Practice @ Blackwell Forest Preserve, 3:30- 6:00 p.m.	30 Practice @ NNHS Track 3:30-5:30 p.m.	





October 2011

Building Towards CHAMPIONSHIP SEASON!

Notes for October:

- Practice on the 8th includes carving pumpkins.
- Pre-DVC Pasta Party is at NNHS on 10/13 — we will need food!
- ALL RUNNERS WILL CONTINUE ON THROUGH STATE AND/OR NXN (see November), regardless of who makes the State Team
- The team will perform at least two service projects during the time between DVC and State
- Full attendance is expected at IHSA Regional and Sectional Meets

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Meet @ Wheaton North Invitational 8:30 a.m.
2 DAY OFF OR RUN ON OWN	3 Practice @ Blackwell Forest Preserve, 3:30- 6:00 p.m.	4 *AM* Practice @ NNHS Track 3:30-5:30 p.m.	5 Practice/Meet @ Neuqua Valley High School — Meet is limited/practice for all is first. 4:00 p.m.	6 Practice @ NNHS Track 1:00-3:00 p.m.	7 Practice @ NNHS Track 7:30-9:30 a.m. Bring pumpkin \$!	8 Pumpkin Carving @ Herrick Lake! 7:30-10:00 a.m.
9 DAY OFF OR RUN ON OWN	10 Practice @ NNHS Track 8-10:00 a.m.	11 Practice @ NNHS Track 3:30-5:30 p.m.	12 Practice @ Blackwell Forest Preserve, 3:30- 6:00 p.m.	13 Practice @ NNHS Track 6-7:00 a.m. Team Meeting 3:30-5:00 p.m. Pasta Party 5:00-6:30	14 Meet @ DuPage Valley Conference Championships	15 Practice @ Regional Course TBA
16 DAY OFF OR RUN ON OWN	17 Practice @ NNHS Track 3:30-5:30 p.m.	18 Practice @ NNHS Track 3:30-5:30 p.m.	19 Practice @ Blackwell Forest Preserve, 3:30- 6:00 p.m.	20 Practice @ NNHS Track 3:30-5:30 p.m.	21 Practice @ NNHS Track 3:30-5:30 p.m.	22 IHSA Regional Championships TBA
23 DAY OFF OR RUN ON OWN	24 Practice @ NNHS Track 3:30-5:30 p.m.	25 Practice @ NNHS Track 3:30-5:30 p.m.	26 Practice @ Blackwell Forest Preserve, 3:30- 6:00 p.m.	27 Practice @ NNHS Track 3:30-5:30 p.m.	28 Practice @ NNHS Track 3:30-5:30 p.m.	29 IHSA Sectional Championships TBA
30 DAY OFF OR RUN ON OWN	31 Practice @ NNHS Track 3:30-5:30 p.m.					





November 2011

Here comes STATE and NXN!

Notes for November:

- There will be a fan bus for state. Sign up in the Athletic Office.
- All athletes should plan to attend state!
- We are competing at the Midwest Regional Meet for Nike Cross Nationals (NXN) this year. EVERYONE is welcome!
- NXN is a GREAT experience for ALL! Please consider it. It will be coached by parents and transportation will be by carpool, so we'll need volunteers!.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Practice @ NNHS Track 3:30-5:30 p.m.	2 Practice @ Blackwell Forest Preserve, 3:30-6:00	3 Practice @ NNHS Track 3:30-5:30 p.m.	4 State Team Leaves for State Meet, 8:00 a.m.	5 HSA STATE CHAMPIONSHIPS 1:00 p.m. Detweiller Park
6 DAY OFF OR RUN ON OWN	7 RUN ON OWN	8 RUN ON OWN	9 RUN ON OWN Turn-in Uniforms, Vote for Captains	10 RUN ON OWN	11 RUN ON OWN	12 Leave for NXN Meet in Terre Haute, IN
13 Nike Cross National Midwest Regional Meet!	14	15 Post-Season Awards Ceremony (tentative)	16	17	18	19
20	21	22	23	24	25	26
27	28.	29	30			

