

NC XC sponsored open core/weight workout

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 --Captain led optional Practice @ NC, 8-10 AM --Core & wts, 4-5:30 PM	2	3
4	5	6 --Captain led optional Practice @ Bowl & Pitcher, 8-10 AM --Core & wts, 4-5:30 PM	7	8 --Captain led optional Practice @ NC, 8-10 AM --Core & wts, 4-5:30 PM	9	10
11	12	13 --Captain led optional Practice @ Bowl & Pitcher, 8-10 AM --Core & wts, 4-5:30 PM	14	15 --Captain led optional Practice @ NC, 8-10 AM --Core & wts, 4-5:30 PM	16	17
18	19	20 --Captain led optional Practice @ Bowl & Pitcher, 8-10 AM --Core & wts, 4-5:30 PM	21	22 --Captain led optional Practice @ NC, 8-10 AM --Core & wts, 4-5:30 PM	23	24