

Schedule for the week of August 19th

Monday	Tuesday	Wednesday	Thursday	Friday
Mini-Camp @OC 8:00 - 3:00 TBA	Mini-Camp @OC 8:00 - 3:00 TBA	Practice @HS 3:15 – 4:30 Sonic Run	Practice @OC 3:30 – 4:45 Medium Run	Practice @OC 3:30 – 4:45 Long Run

Reminders:

- ✓ If you can, please enjoy a bonus easy run Saturday (the 17th) morning.
- ✓ Please remember to get your paperwork into the office or bring with you to practice.
- ✓ Practices starting August 21st will be after school at the OC.
- ✓ Schedule, results and other info can be found on our website at www.nampachristianschools.com.