

August 2022 Shoreland CC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CC Parent Meeting 6 PM at SLHS	2 Summer Run 5 PM at UW-P	3	4 Summer Run 5 PM at UW-P	5	6
7 Summer Run 3 PM at UW-P	8	9 Summer Run 5 PM at UW-P	10	11 Summer Run 5 PM at UW-P SL registration 4-8 PM	12	13
14 NO SUMMER RUN	15 Practice 9-11 at UW-Parkside	16 Practice 9-11 at UW-Parkside SL registration 4-8 PM	17 Practice 9-11 at UW-Parkside	18 Practice 9-11 at UW-Parkside	19 Practice 9-11 at UW-Parkside	20 30 minute run Sat or Sunday
21 30 minute run Sat or Sunday	22 Practice 9-11 at UW-Parkside	23 Practice 3:15-5:30 School starts for Freshmen	24 Practice 3:15-5:30 1 st day of school	25 Practice 3:15-5:30	26 Practice 3:15-5:30	27 30 minute run Sat or Sunday
28 30 minute run Sat or Sunday	29 Practice 3:15-5:30	30 St. Joseph Inv 4:30 PM at UW-Parkside	31 Practice 3:15-5:30 FALL SPORTS Pictures – bring uniform!			

September 2022 Shoreland CC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Practice 3:15-5:30	2 Practice 3:15-5:30	3 Waukesha South Blackshirt Inv. at Minooka Park 9:00 AM
4 Recovery Run 30 minutes	5 Day off! (Labor Day)	6 Practice 3:15-5:30	7 Practice 3:15-5:30	8 Whitnall Invite at Hales Corners Park 4 PM	9 Practice 3:15-5:30	10 30 minute run Sat or Sunday
11 30 minute run Sat or Sunday	12 Practice 3:15-5:30	13 Practice 3:15-5:30	14 Practice 3:15-5:30	15 Practice 3:15-5:30	16 Practice 3:15-5:30	17 St. Lawrence Seminary Inv. Mt. Calvary, WI 10 AM
18 Recovery Run 30 minutes	19 Practice 3:15-5:30	20 Practice 3:15-5:30	21 Practice 3:15-5:30	22 Big Foot Invite At Duck Pond, Fontana, WI 4 PM	23 Practice 3:15-5:30	24 Grade School CC Meet at SLHS, 10 AM
25 Recovery Run 30 minutes	26 Practice 3:15-5:30	27 Practice 3:15-5:30	28 Practice 3:15-5:30	29 Kenosha County Inv. at UW-Park. 4:30 PM	30 Practice 3:15-5:30	
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October 2022 Shoreland CC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 30 Minute Recovery Run
2	3 Practice at UW P 3:00-5:00	4 Practice 3:15-5:30	5 Practice 3:15-5:30	6 Westosha Central Invite at Fox River Park 4:15 PM	7 Practice 3:15-5:30	8 30 minute run Sat or Sunday
9 30 minute run Sat or Sunday	10 Practice 3:15-5:30	11 Practice 3:15-5:30	12 Practice 3:15-5:30	13 Practice 3:15-5:30	14 Practice 3:15-5:30	15 Metro Classic Conference Meet at UW-Parkside 10 AM
16 Recovery Run 30 minutes	17 Practice 3:15-5:30	18 Practice 3:15-5:30	19 Practice 3:15-5:30	20 Practice 3:15-5:30	21 Practice 3:15-5:30	22 WIAA Sectionals At UW Parkside TBA
23 Recovery Run 30 minutes	24 Practice 3:15-5:30	25 Practice 3:15-5:30	26 Practice 3:15-5:30	27 No School Practice TBA	28 No School Practice TBA	29 WIAA State Meet for qualifying individuals / teams WI Rapids TBA