

### August 2010

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7 BOYCE 9-11am Conditioning
8	9 BOYCE 4:30-6 Conditioning	10	11 BOYCE 4:30-6 Conditioning	12	13 BOYCE 4:30-6 Conditioning	14 BOYCE 9-11am Conditioning
15	16 Coach	17 is	18 away	19 this	20 week	21 BOYCE 9-11am Practice
22	23 GMS 4-5:30 Practice	24 BOYCE 4-5:30 Practice	25 BOYCE 4-5:30 Practice	26 BOYCE 3-5 Practice	27 BOYCE 3-5 Practice	28
29	30 GMS 3-5 Practice	31 BOYCE 3-5 Practice				

### October 2010

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1 BOYCE 3-5 Practice	2
3	4 GMS 3-4:30 Practice	5 BOYCE 3-4:30 Practice	6 HOME v. Plum, Hempfield 4pm	7 BOYCE 3-4:30 Practice	8 BOYCE 3-4:30 Practice	9
10	11 No Practice	12 BOYCE 3-4:30 Practice	13 BOYCE 3-4:30 Practice	14 WAADA Championships @ Indiana 3pm	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

### September 2010

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 BOYCE 3-5 Practice	2 BOYCE 3-5 Practice	3 @NA v. Shaler 3:45	4 Home Gateway Invite 9am
5	6 No Practice	7 BOYCE 3-5 Practice	8@ FR v. Kiski Shields Farm 4pm	9 BOYCE 3-5 Practice	10 BOYCE 3-5 Practice	11
12	13 GMS 3-5 Practice	14 BOYCE 3-5 Practice	15@PT v. GS, Latrobe 4pm	16 BOYCE 3-5 Practice	17 BOYCE 3-5 Practice	18
19	20 GMS 3-5 Practice	21 BOYCE 3-5 Practice	22@Latrobe v. PT, Indiana 4pm	23 BOYCE 3-5 Practice	24 BOYCE 3-5 Practice	25
26	27 GMS 3-5 Practice	28 BOYCE 3-5 Practice	29@Kiski v. GS 4pm	30 BOYCE 3-5 Practice		



GATEWAY MIDDLE SCHOOL CROSS COUNTRY

COACH: MR. TELLI