



# July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 No Practice	4 Fourth of July No Practice 	5 Summer run Below Dam Picnic Area 8:30 AM - 10:15 AM	6 Summer run Liberty Park 7:00 PM - 8:45 PM  OYAA	7	8 
9	10 Summer run Highbanks 8:30 AM - 10:15 AM	11 Summer run OHS 7:00 PM - 8:30 PM After OYAA meet OYAA Meet 6:00 PM OHS	12 Summer run BDPA 8:30 AM - 10:15 AM	13 Summer run Highbanks 7:00 PM - 8:45 PM  OYAA	14	15 <b>Be sure that your Physical is up-to-date !!</b>
16	17 Summer run Highbanks 8:30 AM - 10:15 AM	18 Summer run Highbanks 7:00 PM - 8:45 PM	19 Summer run BDPA 8:30 AM - 10:15 AM	20 Summer run OHS 7:00 PM - 8:30 PM After OYAA meet OYAA Meet 6:00 PM OHS	21	22
23	24 Summer run Highbanks 8:30 AM - 10:15 AM	25 Summer run Highbanks 7:00 PM - 8:45 PM	26 Summer run BDPA 8:30 AM - 10:15 AM	27 Summer run Highbanks 7:00 PM - 8:45 PM	28	29 Coach Dewese 614-561-4907 Coach Sosa 614-592-7484
30	31 <b>Mandatory Practice Begins</b> Highbanks 8:30 AM - 10:15 AM	1 Highbanks 8:30 AM - 10:15 AM	2 Highbanks 8:30 AM - 10:15 AM	3 Highbanks 8:30 AM - 10:15 AM	4 Highbanks 8:30 AM - 10:15 AM	Coach Whalen 614-793-9331