

GIRLS SUMMER 2026 Tentative XC SCHEDULE

JUNE

- **CAPTAIN LEAD PRACTICES:** Captains will hold voluntary practices at **7:45am**, Monday, Wednesday & Friday starting on June 15th - August 7th. They meet by the tennis courts at BHS.
- **Practice locations:** We practice at BHS, HM (Huron Meadows Metropark, meet in the Sunset Ridge parking lot), Bishop (Brighton Recreation Area on Bishop Lake, meet in the main parking lot) and Kensington (West Boat Launch parking lot). Please check the calendar for each day's location.
- **16th - Breakfast Run:** We will meet by the tennis courts at BHS at **7:45am**. We will run a 1/2 mile warm up and do dynamics. Then run 2-4 miles and end up downtown for breakfast (most likely getting food/drinks at BCAT, Great Harvest, Everbowl or Captains). We will walk back to the HS or you can be picked up downtown. You need to **bring your own money**. We should be done by 10am.
- **Strength & Conditioning (S&C):** This is at BHS strength training facility. It begins June 15th from 9:15-10 a.m. This is done on Mondays, Wednesdays and Fridays (except during dead week).
- **Dead week:** This is a week MHSAA requires the coaches not meet with the athletes. But you should still continue your training.

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11 Last day of school	12	13
14	15 BHS with captains 7:45-10am	16 Breakfast Run, BHS 7:45-10am	17 BHS with captains 7:45-10am	18	19 BHS with captains 7:45-10am	20
21	22 BHS with captains 7:45-10am	23 HM with coaches 7:45-10am	24 BHS with captains 7:45-10am	25	26 BHS with captains 7:45-10am	27
28	29 Dead week	30 Dead week				

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JULY

- We are hosting a **Middle School Camp** from 10-11:30am at BHS by tennis courts **July 20th - July 23rd**. We need help and you can use the hours worked toward any volunteer hour requirements. Athletes, let me know if you are willing to help!
- **14th and/or 28th - Time trial 7:45-10am:** This is a 2 mile time trial to gauge the girls' fitness levels. The **TOP 16** finishers in the time trials (combining both time trials) will be invited to camp. These individuals must have **160 (120 for newbies)** miles logged between June 15th - August 9th. ***If you cannot be there for either time trial please contact Coach Kristi to set up a date prior to the 28th to run the time trial.***

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Dead week	2 Dead week	3 Dead week	4
5	6 BHS with captains 7:45-10am	7 HM with coaches 7:45-10am	8 BHS with captains 7:45-10am	9 Bishop with coaches 8-10am	10 BHS with captains 7:45-10am	11 Kensington with coaches 7:45am-9am
12	13 BHS with captains 7:45-10am	14 HM with coaches 7:45-10am *Optional Time Trial	15 BHS with captains 7:45-10am	16 Bishop with coaches 8-10am	17 BHS with captains 7:45-10am	18 Kensington with coaches 7:45am-9am
19 Middle School Camp Week 10-11:30am	20 BHS with captains 7:45-9:30am MS camp	21 HM with captains 7:45-9:30am MS camp	22 BHS with captains 7:45-9:30am MS camp	23 Bishop with captains 8-9:30am MS camp	24 BHS with captains 7:45-10am	25 Kensington with coaches 7:45am-9am
26	27 BHS with captains 7:45-10am	28 TIME TRIAL HM with coaches 7:45-10am	29 BHS with captains 7:45-10am	30 Bishop with coaches 8-10am	31 BHS with captains 7:45-10am	

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AUGUST

- **4th Tentative Team Day 9am-2pm. Also, Tentative Parent Meeting 6pm, location TBD.**
- **10th-13th - Top 16 Camp** Details to come. For those not going to camp, an upperclassman will be hosting practices at the high school.
- **17th - First MANDATORY practice at the High School 3-5pm. Take your vacations before this date, please! Physical (dated after April 15, 2026) DUE or you cannot run at practice. Please submit via final forms.**

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Kensington with coaches 7:45am-9am
2 Pre season Downtime *Athletes may meet up	3	4 Tentative Team Day and Parent Meeting 6pm	5	6	7	8
9	10 TOP 16 CAMP	11 CAMP	12 CAMP	13 CAMP	14 On your own	15
16	17 First official practice BHS 3-5pm	18 Kensington Possum Hollow 3-5pm	19 HM 3-5pm	20 BHS 3-5pm Uniforms	21 Lampighter Invite	22 Volunteer Unified 5K
23	24 HM 3-5pm	25 Swim am for varsity HM 3-5pm	26 Kensington Possum Hollow 3-5pm	27 BHS 3-4:30pm S&C 4:45-5:45	28 End of Summer Invite	29
30	31 HM Yoga 3-5pm	1 Swim am for varsity HM 3-5pm	2 Bishop Wacky Relays 3-5pm	3 BHS 3-4:30pm S&C 4:45-5:45	4 Run on your own	