

June 2022

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------|---|--|-------------------------|--------|----------|--------|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 ACP 6:00 – 7:00 pm | 7 Coach Christy Birthday in lieu of gifts run 25 minutes (on your own) | 8 PP 6:00 – 7:00 pm | 9 AHS 6:00 – 7:00 pm | 10 | 11 | 12 |
| 13 ACP 6:00 – 7:00 pm | 14 PP 6:00 – 7:00 pm | 15 AHS 6:00 – 7:00 pm Asst Coach Peyton "17th" Birthday Workout | 16 | 17 | 18 | 19 |
| 20 ACP 6:00 – 7:00 pm | 21 PP 6:00 – 7:00 pm | 22 AHS 6:00 – 7:00 pm | 23 | 24 | 25 | 26 |
| 27 ACP 6:00 – 7:00 pm | 28 PP 6:00 – 7:00 pm | 29 AHS 6:00 – 7:00 pm | 30 | | | |

CONTACT & LOCATION

Coach: Christy Sprayberry
(404) 886-3160
jfbucsrnng22@gmail.com
Asst Coach: Peyton Sprayberry

ACP: Allatoona Creek Park
5690 Old Stilesboro Rd. Acworth 30101
AHS: Allatoona High School
3300 Dallas Acworth Hwy
Acworth 30101
PP: Leone Hall Price Park
4715 Stilesboro Rd. Kennesaw 30152

July 2022

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|---------|--|--|--------|----------|--------|
| | | | | 1 | 2 | 3 |
| No Organized Practice 4 | 5 | No Organized Practice Check Remind 6 | No Organized Practice Check Remind 7 | 8 | 9 | 10 |
| ACP 6:00 – 7:00 pm 11 | 12 | PP 6:00 – 7:00 pm 13 | AHS 6:00 – 7:00 pm 14 | 15 | 16 | 17 |
| ACP 6:00 – 7:00 pm 18 | 19 | PP 6:00 – 7:00 pm 20 | AHS 6:00 – 7:00 pm 21 | 22 | 23 | 24 |
| ACP 6:00 – 7:00 pm 25 | 26 | PP 6:00 – 7:00 pm 27 | AHS 6:00 – 7:00 pm 28 | 29 | 30 | 31 |

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(404) 886-3160
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Welcome to the 2022 Jr Bucs XC Team!

"I run because long after my footprints fade away, maybe I will have inspired a few to reject the easy path, hit the trails, put one foot in front of the other, and come to the same conclusion I did: I run because it always takes me where I want to go" – Dean Karnazes

We will be starting organized practices the week of June 5th

Below is some information for upcoming practices:

Summer Practices (June 5 – July 29th)

*Please note we are off the week of July 3rd but runs on your own will be expected.

- First Practice is June 6th. I have attached the summer calendar for training with dates/times/locations and my contact information
- We will practice 3 times a week weather permitting (btw we run in the rain)
- Practice times may change once school starts and that will be communicated

PREPARATION FOR PRACTICES

- Be sure to wear a good pair of running shoes
- Bring water & a towel to all practices
- HYDRATION-make sure your runner is hydrating all summer long, not just on practice days

REGISTRATION

- The link can be found at allatoonarunning.com
- Make sure you choose 2022 JR Bucs Cross Country

We are looking forward to another great season of Jr Bucs Running. If you have any questions, please feel free to reach out.

Jr Bucs Running Coaches

jrbucsrrunning22@gmail.com