

# 2011 Summer Post Practice Refreshment Sign Ups

If you would like to volunteer to bring some items to refuel our athletes after a hot & grueling summer practice, please email me the date or dates that you would like to sign up for. I am sure that the athletes will appreciate your support.

Thanks, Coach Phillipow

**Recommended Items:** (Keep in mind that we average ~50 runners per practice (& that number may be larger at times this year!))

Cold Gatorade or other cold fluid replacement. (This is in addition to the water that they all should bring)

Cold sliced fruit. Summertime melon is always a favorite. Granola Bars, etc...

Try to keep it on the healthy side. Contact me if you have other ideas!

## **Week of June 20 (Week #1)**

Monday: Coach

Tuesday:

Wednesday:

Thursday:

Saturday:

## **Week of June 27 (Week #2)**

Monday: Team Dinner & New Parent Meeting @ Eastly's!!!

Tuesday:

Wednesday: Tour de Pools!!!

Thursday:

Saturday:

## **Week of July 4 (Week #3) Dead Period!**

Monday:  
Tuesday:  
Wednesday:  
Thursday:  
Friday:  
Saturday:

**Week of July 11 (Week #4) Dead Period!**

Monday:  
Tuesday:  
Wednesday:  
Thursday:  
Friday:  
Saturday:

**Week of July 18 (Week #5) Dead Period!**

Monday:  
Tuesday:  
Wednesday:  
Thursday:  
Friday:  
Saturday:

**Week of July 25 (Week #6)**

Monday:  
Tuesday:  
Wednesday:  
Thursday:  
Friday:  
Saturday:

**Week of Aug. 1 (Week #7)**

Monday:  
Tuesday:  
Wednesday: Run to the Beach! Beach Picnic following run! byo!

Thursday:

Friday:

Saturday:

**Week of Aug. 7 (Week #8)**

Monday:

Tuesday:

Wednesday:

Thursday: Pre-Mammoth Dinner @ the Kings!

Friday: Mammoth Runners off!

Saturday:

**Week of Aug. 15 (Week #9) (Mammoth Week)**

**Week of Aug. 22 (Week #10)**

Monday: Mammoth Runners off!

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

**Week of Aug. 29 (Week #11)**

Monday:

Tuesday:

Wednesday: Drop off run & Team Dinner...Coach Phillipow's!

Thursday:

Friday:

Saturday: BUN RUN!!!