

Note: All practices are 6:00pm to 7:30pm unless otherwise noted

<h1>August 2008</h1>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Central Park (Meet at Basketball Courts)  First Practice!	5 No Practice REST	6 College of the Canyons (Meet at Stadium entrance)	7 Heritage Park (Meet near Tennis Courts)  COC Summer XC Series continues	8 No Practice REST	9 Bridgeport Park (Meet at Playground) 8am-9:30am
10 No Practice REST	11 Central Park (Meet at Basketball Courts)	12 No Practice REST	13 College of the Canyons (Meet at Stadium entrance)	14 Heritage Park (Meet near Tennis Courts)  COC Summer XC Series continues HP	15 No Practice REST	16 Bridgeport Park (Meet at Playground) 8am-9:30am
17 No Practice REST	18 Central Park (Meet at Basketball Courts)	19 No Practice REST	20 College of the Canyons (Meet at Stadium entrance)	21 Heritage Park (Meet near Tennis Courts)  Final COC Summer XC Series	22 No Practice REST	23 Bridgeport Park (Meet at Playground) 8am-9:30am
24 No Practice REST	25 Central Park (Meet at Basketball Courts)	26 No Practice REST	27 College of the Canyons (Meet at Stadium entrance)	28 Heritage Park (Meet near Tennis Courts)	29 No Practice REST	30 Bridgeport Park (Meet at Playground) 8am-9:30am
31 No Practice REST						

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<h1>September 2008</h1>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> MORNING PRACTICE Labor Day!  Central Park (Meet at Basketball Courts) 8am-9:30am	<b>2</b> No Practice REST	<b>3</b> College of the Canyons (Meet at Stadium entrance)	<b>4</b> Heritage Park (Meet near Tennis Courts)  COC Summer XC Series continues	<b>5</b> No Practice REST	<b>6</b> Bridgeport Park (Meet at Playground) 8am-9:30am
<b>7</b> No Practice REST	<b>8</b> Bridgeport Park (Meet at Playground)	<b>9</b> No Practice REST	<b>10</b> Mile Time Trial Location TBD	<b>11</b> Central Park (Meet at Basketball Courts)	<b>12</b> No Practice REST	<b>13</b> HOLD- VYC Fundraiser Meet
<b>14</b> No Practice REST	<b>15</b> Bridgeport Park (Meet at Playground)	<b>16</b> No Practice REST	<b>17</b> Track Workout TBD	<b>18</b> Central Park (Meet at Basketball Courts)	<b>19</b> No Practice REST	<b>20</b> RACE DAY! Corriganville Park Simi Valley
<b>21</b> No Practice REST	<b>22</b> Bridgeport Park (Meet at Playground)	<b>23</b> No Practice REST	<b>24</b> Track Workout TBD	<b>25</b> Central Park (Meet at Basketball Courts)	<b>26</b> No Practice REST	<b>27</b> RACE DAY! VYC Invitational Pierce College
<b>28</b> No Practice REST	<b>29</b> Bridgeport Park (Meet at Playground)	<b>30</b> No Practice REST				

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<h1>October 2008</h1>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Track Workout TBD	2 Central Park (Meet at Basketball Courts)	3 No Practice REST	4 Sunday Meet this Week!  No Practice REST
5 RACE DAY! Free Spirit Invitational Mt. SAC	6 Bridgeport Park (Meet at Playground)	7 No Practice REST	8 Track Workout TBD	9 Central Park (Meet at Basketball Courts)	10 No Practice REST	11 RACE DAY! TBD Cal Lutheran University or Misson Oaks Park
12 No Practice REST	13 Bridgeport Park (Meet at Playground)	14 No Practice REST	15 Track Workout TBD	16 Central Park (Meet at Basketball Courts)	17 No Practice REST	18 RACE DAY Central Park
19 No Practice REST	20 TBD	21 No Practice REST	22 Track Workout TBD	23 Central Park (Meet at Basketball Courts)  Last Regular Season Practice!	24 No Practice REST	25 RACE DAY! League Finals O'Melveny Park
26 No Practice REST	27 Post Season Practice Begins	28	29	30	31	

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November 2008						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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December 2008						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			