

AHS XC SUMMER CONTACT DAYS SCHEDULE

June 2026

| MON                               | TUE                  | WED                                | THU                   | FRI           | SAT | SUN            |
|-----------------------------------|----------------------|------------------------------------|-----------------------|---------------|-----|----------------|
| 1 XC PRACTICE @ LA VISTA 5-6:30   | 2                    | 3 XC PRACTICE @ GLAZEBROOK 5-6:30  | 4                     | 5             | 6   | 7              |
| 8 XC PRACTICE @ AHS TRACK 5-6:30  | 9 AHS XC SUMMER CAMP | 10 AHS XC SUMMER CAMP              | 11 AHS XC SUMMER CAMP | 12            | 13  | 14             |
| 15 XC PRACTICE @ LA VISTA 5-6:30  | 16                   | 17 XC PRACTICE @ GLAZEBROOK 5-6:30 | 18                    | 19 JUNETEENTH | 20  | 21 FATHERS DAY |
| 22 XC PRACTICE @ AHS TRACK 5-6:30 | 23                   | 24 XC PRACTICE @ GLAZEBROOK 5-6:30 | 25                    | 26            | 27  | 28             |
| 29                                | 30                   | IHSA DEAD WEEK                     |                       |               |     |                |

- HOLIDAYS
- 19

JUNETEENTH
- 21

FATHER'S DAY (US)

AHS XC SUMMER CONTACT DAYS SCHEDULE

July 2026

| MON                                            | TUE                                            | WED                                                | THU | FRI | SAT                      | SUN |
|------------------------------------------------|------------------------------------------------|----------------------------------------------------|-----|-----|--------------------------|-----|
|                                                |                                                | 1<br><br>IHSA DEAD WEEK                            | 2   | 3   | 4<br>INDEPENDENCE<br>DAY | 5   |
| 6<br><br>XC PRACTICE<br>@ LA VISTA<br>5-6:30   | 7                                              | 8<br><br>XC PRACTICE<br>@<br>GLAZEBROOK<br>5-6:30  | 9   | 10  | 11                       | 12  |
| 13<br><br>XC PRACTICE<br>@ AHS TRACK<br>5-6:30 | 14                                             | 15<br><br>XC PRACTICE<br>@<br>GLAZEBROOK<br>5-6:30 | 16  | 17  | 18                       | 19  |
| 20<br><br>XC PRACTICE<br>@ LA VISTA<br>5-6:30  | 21                                             | 22<br><br>XC PRACTICE<br>@<br>GLAZEBROOK<br>5-6:30 | 23  | 24  | 25                       | 26  |
| 27<br><br>XC PRACTICE<br>@ AHS TRACK<br>5-6:30 | 28<br><br>XC PRACTICE<br>@ AHS TRACK<br>5-6:30 | 29<br><br>XC PRACTICE<br>@<br>GLAZEBROOK<br>5-6:30 | 30  | 31  |                          |     |

HOLIDAYS

4 INDEPENDENCE DAY

AHS XC SUMMER CONTACT DAYS SCHEDULE

August 2026

| MON                                                 | TUE                                       | WED                                           | THU                                       | FRI | SAT                         | SUN |
|-----------------------------------------------------|-------------------------------------------|-----------------------------------------------|-------------------------------------------|-----|-----------------------------|-----|
|                                                     |                                           |                                               |                                           |     | 1                           | 2   |
| 3<br>XC PRACTICE<br>@ AHS TRACK<br>5-6:30           | 4<br>XC PRACTICE<br>@ AHS TRACK<br>5-6:30 | 5<br>XC PRACTICE<br>@<br>GLAZEBROOK<br>5-6:30 | 6<br>XC PRACTICE<br>@ AHS TRACK<br>5-6:30 | 7   | 8                           | 9   |
| 10<br>FIRST DAY OF XC<br>COACH KELLY<br>OUT OF TOWN | 11                                        | 12                                            | 13                                        | 14  | 15                          | 16  |
| 17                                                  | 18                                        | 19                                            | 20                                        | 21  | 22                          | 23  |
| 24                                                  | 25                                        | 26                                            | 27                                        | 28  | 29<br>CM TWILIGHT<br>INVITE | 30  |
| 31                                                  |                                           |                                               |                                           |     |                             |     |