



2011-2012 Season Calendar

All dates subject to change

Month	Date	Day	Special Instructions
September	26	Mon	Season begins - After School Practice
	26	Mon	DUE DATE - MUST turn in "Waiver & Release" form to run
	27	Tues	After-School Practice
	27	Tues	Parent Meeting - Location TBA by your Coach
	29	Thurs	DUE DATE - All We ROCK forms & registration materials DUE
October	1	Sat	Saturday Extended Practice
	3	Mon	After-School Practice
	4	Tues	After-School Practice
	6	Thurs	After-School Practice
	8	Sat	Saturday Extended Practice
	10	Mon	After-School Practice
	11	Tues	After-School Practice
	13	Thurs	DUE DATE - 1st installment Tuition due (\$300 check to We ROCK)
	13	Thurs	After-School Practice
	15	Sat	RACE DAY - Chapman 5K Race
	17	Mon	After-School Practice
	18	Tues	After-School Practice
	20	Thurs	DUE DATE - Physical Clearance Form (Original) DUE
	20	Thurs	After-School Practice
	22	Sat	Saturday Extended Practice
	24	Mon	After-School Practice
	25	Tues	After-School Practice
27	Thurs	After-School Practice	
29	Sat	Saturday Extended Practice	
31	Mon	After-School Practice	
November	1	Tues	After-School Practice
	3	Thurs	After-School Practice
	5	Sat	School-specific Carbo Load Dinner - location TBD
	6	Sun	RACE DAY - Dino Dash 10K
	7	Mon	After-School Practice
	8	Tues	After-School Practice
	10	Thurs	After-School Practice
	12	Sat	Saturday Extended Practice
	14	Mon	After-School Practice
	15	Tues	After-School Practice
	17	Thurs	After-School Practice
	19	Sat	Saturday Extended Practice
	21	Mon	NO SCHOOL
	22	Tues	NO SCHOOL
	24	Thurs	RACE DAY - Dana Point Turkey Trot 10K (OPTIONAL - register on your own)
	26	Sat	Saturday Extended Practice
28	Mon	After-School Practice	
29	Tues	After-School Practice	



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December	1	Thurs	After-School Practice
	3	Sat	Saturday Extended Practice
	5	Mon	After-School Practice
	6	Tues	After-School Practice
	8	Thurs	After-School Practice
	9	Fri	School-specific Carbo Load Dinner - location TBD
	10	Sat	RACE DAY - Make Room for Santa 10K
	12	Mon	After-School Practice
	13	Tues	After-School Practice
	15	Thurs	After-School Practice
	17	Sat	Saturday Extended Practice
	19	Mon	NO SCHOOL (Special Holiday Runs TBD)
	20	Tues	NO SCHOOL (Special Holiday Runs TBD)
	22	Thurs	NO SCHOOL (Special Holiday Runs TBD)
	24	Sat	NO PRACTICE - RELAX
	26	Mon	NO SCHOOL (Special Holiday Runs TBD)
	27	Tues	NO SCHOOL (Special Holiday Runs TBD)
29	Thurs	NO SCHOOL (Special Holiday Runs TBD)	
31	Sat	ON YOUR OWN (Special Holiday Runs TBD)	
January	2	Mon	After-School Practice
	3	Tues	DUE DATE - 1st installment Tuition due (\$250 check to We ROCK)
	5	Thurs	After-School Practice
	6	Fri	School-specific Carbo Load Dinner - location TBD
	7	Sat	RACE DAY - Southern California Half Marathon
	9	Mon	After-School Practice
	10	Tues	After-School Practice
	12	Thurs	After-School Practice
	14	Sat	Saturday Extended Practice
	16	Mon	NO SCHOOL
	17	Tues	After-School Practice
	19	Thurs	After-School Practice
	21	Sat	Saturday Extended Practice
	23	Mon	After-School Practice
	24	Tues	After-School Practice
	26	Thurs	After-School Practice
	28	Sat	Saturday Extended Practice
30	Mon	After-School Practice	
31	Tues	After-School Practice	



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Month	Date	Day	Special Instructions
February	2	Thurs	After-School Practice
	4	Sat	School-specific Carbo Load Dinner - location TBD
	5	Sun	RACE DAY - Surf City Half Marathon
	6	Mon	After-School Practice
	7	Tues	After-School Practice
	9	Thurs	After-School Practice
	11	Sat	Saturday Extended Practice
	13	Mon	DUE DATE - 2nd Batch of Race Registration Forms DUE
	14	Tues	After-School Practice
	16	Thurs	After-School Practice
	18	Sat	Saturday Extended Practice
	20	Mon	NO SCHOOL
	21	Tues	After-School Practice
	23	Thurs	After-School Practice
	25	Sat	Saturday Extended Practice
27	Mon	After-School Practice	
28	Tues	After-School Practice	
March	1	Thurs	After-School Practice
	3	Sat	Saturday Extended Practice
	5	Mon	After-School Practice
	6	Tues	After-School Practice
	8	Thurs	After-School Practice
	10	Sat	Saturday Extended Practice
	12	Mon	After-School Practice
	13	Tues	After-School Practice
	15	Thurs	After-School Practice
	17	Sat	Saturday Extended Practice
	19	Mon	After-School Practice
	20	Tues	After-School Practice
	22	Thurs	After-School Practice
	25	Sun	RACE DAY - Knott's Coaster Run - 10K
	26	Mon	After-School Practice
27	Tues	After-School Practice	
29	Thurs	After-School Practice	
31	Sat	RACE DAY - 20 Mile We ROCK Qualifier & BBQ!!!	



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Month	Date	Day	Special Instructions
April	2	Mon	After-School Practice
	3	Tues	After-School Practice
	5	Thurs	After-School Practice
	7	Sat	Saturday Extended Practice
	9	Mon	NO SCHOOL
	10	Tues	NO SCHOOL
	12	Thurs	NO SCHOOL
	14	Sat	Saturday Extended Practice
	16	Mon	After-School Practice
	17	Tues	After-School Practice
	19	Thurs	After-School Practice
	21	Sat	Saturday Extended Practice
	23	Mon	After-School Practice
	24	Tues	After-School Practice
	26	Thurs	After-School Practice
	28	Sat	Saturday Extended Practice
30	Mon	After-School Practice	
May	1	Tues	After-School Practice
	3	Thurs	Pre-Marathon Parent Meeting & Car Decorating
	3	Thurs	After-School Practice
	5	Sat	"ALL We ROCK" CARBO LOAD DINNER
	6	Sun	RACE DAY - Orange County Marathon !!!
	7	Mon	After-School Practice & Celebration
	19	Sat	Palos Verdes Marathon (ONLY for those who missed OC Marathon)
	TBD		End of Season Party - Location TBD
28	Mon	RACE DAY - Laguna Hills Memorial Day 1/2 Marathon (OPTIONAL)	