

Hillcrest Track Calendar - January 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Pre-season conditioning 3:30	7	8 Pre-season conditioning 3:30	9	10
11	12	13 Pre-season conditioning 3:30	14	15 Pre-season conditioning 3:30	16	17
18	19 Martin Luther King Jr. No School	20 First Day of Practice! Have physicals/green cards ready! 3:30	21 Practice 3:30	22 Practice 3:30	23	24
25	26 No School – Teacher Institute No Practice	27 Practice 3:30	28 Practice 3:30	29 Practice 3:30	30	31

You don't get what you wish for, you get what you work for!

Coach Towner (815) 603-8690

Hillcrest Track Calendar - February 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 3:30	3 Practice 3:30	4 Practice 3:30	5 Practice 3:30	6	7
8	9 Practice 3:30	10 Practice 3:30	11 Parent Teacher Conferences No Practice	12 Lincoln's Birthday No School Practice 9:00	13 Practice 3:30	14 Bloom Poole Invite 9:00 7:30 bus
15	16 Practice 3:30	17 Practice 3:30	18 School Improvement Day Early Dismissal No Practice	19 Practice 3:30	20	21
22	23 Practice 3:30	24 Practice 3:30	25 Practice 3:30	26 Practice 3:30	27 Practice 3:30	28 Bloom Johnson Invite 9:00 7:30 bus

Weak athletes wait for opportunities, strong ones make them.

Coach Towner (815) 603-8690

Hillcrest Track Calendar - March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Casmir Pulaski Day No School No Practice	3 Practice 3:30	4 Practice 3:30	5 Practice 3:30	6 Practice 3:30	7 Thornwood Invite 10:00/8:00 bus
8	9 Practice 3:30	10 H-F Quad 4:30/3:30 bus	11 Practice 3:30	12 Practice 3:30	13 End of 3 rd Quarter Keep those grades up! Practice 3:30	14 Plainfield North Invite 9:00/7:00 bus
15	16 Practice 3:30	17 Practice 3:30	18 School Imp Day Early Dismissal No Practice	19 Practice 3:30	20	21
22	23 Practice 3:30	24 Practice 3:30	25 Practice 3:30	26 Practice 3:30	27 Indoor State Illinois Wesleyan	28 Bolingbrook Fast Times 4:00/2:00 bus
29	30 Practice 3:30	31 Practice 3:30				

The only way to define your limits is by going beyond them.

Coach Towner (815) 603-8690

Hillcrest Track Calendar - April 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Practice 3:30	2 Practice 3:30	3 Practice 3:30	4
5	6 Practice 3:30	7 Shepard/Oak Lawn @ Oak Lawn 4:30/3:30 bus	8 Practice 3:30	9 Hawk Classic 4:15	10 SPRING BREAK	11
12	13 SPRING BREAK Practice 9:00	14 SPRING BREAK District 228 Quad 4:30	15 SPRING BREAK Farley F/S Invite 4:15	16 SPRING BREAK Practice 9:00	17 SPRING BREAK Practice 9:00	18 H-F Invite 10:00/8:00 bus Stagg Soph Invite 11:00/9:30 bus
19	20 Practice 3:30	21 Practice 3:30	22 Half Day Inservice Rich Central Freshman Invite 4:30/3:30 bus	23 School Imp Day Early Dismissal Argo/Rich @ Hillcrest 4:30	24 Tinley Park Relays 4:30/3:30 bus	25
26	27 Practice 3:30	28 Reavis/Eisenhower @Hillcrest 4:30	29 Hinsdale Central Sophomore Invite 5:00/3:00 bus Practice 3:30 (var)	30 Sandburg Classic 4:15/3:30 bus		

When you win, nothing hurts.

Coach Towner (815) 603-8690

Hillcrest Track Calendar - May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Practice 3:30	2
3	4 Practice 3:30	5 Evergreen/Lemont @ Evergreen 4:30/3:30 bus	6 Practice 3:30	7 Practice 3:30	8 Lockport Invite ABC Format 5:00/3:30 bus	9
10	11 Practice 3:30	12 Practice 3:30	13 Practice 3:30	14 SSC Blue Conference Invitational @ Hillcrest 4:30	15 Hillcrest Prom	16
17	18 Practice 3:30	19 Practice 3:30	20 Practice 3:30	21 Practice 3:30	22 IHSA 2A Sectional Meet @ Hillcrest 4:00	23
24 31	25 Memorial Day No School	26 Semester Exams	27 Semester Exams	28 Semester Exams IHSA State Finals	29 Semester Exams IHSA State Finals	30 IHSA State Finals

Catch the person in front of you. Stay in front of the person behind you. Beat the shadow next to you!

Coach Towner (815) 603-8690