

August 14, 2023

We're a week out from the start of Kamiak Cross Country 2023! I hope you're excited for the season and the new school year. Here are a few things to get us going for the first couple of weeks.

Tentative Practice Schedule:

Mon	Tue	Wed	Thur	Fri	Sat/Sun
8/21—9 a.m.	8/22—9 a.m.	8/23—9 a.m.	8/24—9 a.m.	8/25—9 a.m.	On your own
8/28—3 p.m.	8/29—3 p.m.	8/30— <b>4:30</b> p.m.	8/31—3 p.m.	9/1—8 a.m.	On your own
9/4—on your own	9/5—2:30 p.m.	9/6—School starts...practice daily after school			

It is a bit tentative...the first week is solid. Things could change during the second week (8/28). Pay attention, we'll announce changes at practice and I'll post them on Schoology.

For these first two weeks, we'll meet at the Grassy Knoll on the Kamiak main campus.

Come to practice ready to run—in shorts, t-shirt, running shoes. You should plan (and your ride can, too) that practices will last two hours during these first couple weeks. Avoid bringing a bunch of things you won't need!

You need to be eligible and cleared through Final Forms with Mrs. Shigematsu, Kamiak Athletics Secretary. As coaches, we don't have much discretion and cannot accept paperwork, promises, hopes and dreams (no matter how sincere they might be) about your eligibility and participation. If you are not cleared, you may not practice with the team.

The meet schedule is reasonably updated on Athletic.net. There are a couple things for later in the season that are not yet posted, but Saturday invitationals through September are accurate.

If you've lit up the summer, please bring a printed version of your mileage log to practice the first week. It's important for us to see what you've been up to so we can have your training meet your level of preparation....and to award the Purple Shirts!

For this last week, get out and run! If you've been running a bunch, give yourself a little down-time this week. If you haven't run much, a few days of some easy running will make the first couple weeks much more enjoyable and you feeling better at the end of each practice.

If you have any questions, shoot me an email at [lewarnecn@mukilteo.wednet.edu](mailto:lewarnecn@mukilteo.wednet.edu).

See you Monday!! Go Knights!!

Mr. LeWarne, Kamiak Cross Country head coach  
(and, Shelly, Coach Litz, and Ms. B, too!!)