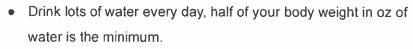
CMS Cross-Country Summer



- The first day of practice is <u>at the end of August</u> at CMS, on Wednesday, 23rd August at 7:45 AM.
 - Have your physical BEFORE the first day of practice.
 - Stay active this summer:
 - Run 1-3 miles 2-3 times a week
 - Ride your bike
 - Swimming
 - Yoga





- Have a tennis ball on the first day of practice with your name on it, you will need it.
- Get good running shoes! (Go to a running store, try South Sound Running in Olympia)
- Be physically ready for the first day of practice. 8 practices are needed to participate in the 1st meet
- Be ready to have fun!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug. 20	Aug. 21	Aug. 22	Aug. 23 1st Day of Practice 7:45 - 9 AM	Aug. 24 7:45 - 9 AM	Aug. 25 3 - 4:30 PM	Aug. 26 No Practice
Aug. 27	Aug 28 3 - 4:30 PM	Aug 29 3 - 4:30 PM	Aug. 30 3 - 4:30 PM	Aug. 31 3 - 4:30 PM	Sept. 1 No Practice	Sept. 2 No Practice
Sept. 3	4 No Practice	5 1st day of school 2:30 - 4:00 PM	6 2:30 - 4:00 PM	7 2:30 - 4:00 PM	8 2:30 - 4:00 PM	9 No Practice

If you have any questions please email Coach Peone at mpeone@chehalisschools.org

Thank you,

Coach Peone