

Kahler Cross Country 2016

Hi everyone!

Hope summer has gone well. Well, we are very close to the first days of cross country practice. We start July 25 from 9:00am to 10:30am. Please turn in physical and \$100 participation fee at this time (please pay by check made out to "Kahler Middle School). Here is a link to the form to use for Kahler school physicals [Kahler 2016-2017 school physical](#)

Things to know:

1. Dress for the warm weather.
2. Good idea to bring water. Those smaller disposable water bottles you can buy almost anywhere work great.
3. If you bike to practice, have a quality lock as we are out running.
4. Be on time. We do not usually stay on school grounds.

July 2016

Mon	Tues	Wed	Thurs	Fri
25 9:00am to 10:30am	26	27 9:00am to 10:30am	28	29 9:00am to 10:30am

August 2016

Mon	Tues	Wed	Thurs	Fri
1 9:00am to 10:30am	2	3 9:00am to 10:30am	4	5 9:00am to 10:30am
8 9:00am to 10:30am	9 9:00am to 10:30am	10 9:00am to 10:30am	11 ***4:00pm to 5:30pm	12 ***4:00pm to 5:30pm
15 After school to 5:30pm	16 After school to 5:30pm	17 After school to 5:30pm	18 After school to 5:30pm	19 After school to 5:30pm

Looking forward to the season!

Coach Gaines CGaines@lcscmail.com

Coach Langlois MLanglois@lcscmail.com