

KAHLER XC 2017

Information

- Conditioning starts Monday, July 24 9:00AM 10:15AM. We meet at school track. Come ready to run. If you ride your bike, have a lock.
- Please be prompt & have rides home no later than 10:20AM
- First “official” practice will be August 7
- Must have current physical (contact school or coach for proper form) [Physical Packet Download--IT MUST BE ON THIS FORM](#)
- Participation fee of \$100 due by first day of school (check payable to Kahler MS)
- First two weeks we have conditioning Tuesday, Wednesday, and Thursday from 9:00AM to 10:15AM. Starting August 7 (the third week) we go Monday through Friday. Please note that Friday, August 11 we meet at 4:00PM to 5:15PM.
- Once school starts on August 14, we will practice after school until 5:15PM. Please have rides home no later than 5:20PM.
- Questions??? Contact Coach Langlois MLangloi@lcscmail.com or Coach CGaines@lcscmail.com

July

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
	Conditioning 9:00AM to 10:15AM	Conditioning 9:00AM to 10:15AM	Conditioning 9:00AM to 10:15AM	

August

31	1	2	3	4
	Conditioning 9:00AM to 10:15AM	Conditioning 9:00AM to 10:15AM	Conditioning 9:00AM to 10:15AM	
7	8	9	10	11
Practice 9:00AM to 10:15AM	Practice 9:00AM to 10:15AM	Practice 9:00AM to 10:15AM	Practice 9:00AM to 10:15AM	Practice 4:00PM to 5:15PM