

WAIMEA MIDDLE SCHOOL

ATHLETIC DEPARTMENT

PH: (808) 887-6090 EXT. 260

August 2019

To: Parents and Guardians

From: Warren S. Tamaye, Athletic Coordinator

Subj.: Cross Country

Sign-ups On going until Aug. 16, 2019

Practices:

- Location: Waimea Middle School field
- Athletes will meet behind P-03 on basketball courts

Days & Times: Mon. 2:30 – 4p, Wed. 1:30 – 3p
Thur. 2:30 – 4p
(Subject to change, will notify)

Note:

- Practice will include stretching exercises, balance and coordination, breathing, and of course distance running.
- Uniform: shorts, t-shirt, athletic shoes, jacket
- Season Schedule: TBA
- Please arrange pick-up for your athlete after practice.
- If pick-up is unavailable, transportation will be provided

Any questions or concerns contact:
Mr. Tamaye @ 808 345-9190

www.WaimeaMiddleSchool.org

www.Facebook.com/WaimeaMiddleSchool