

March 31, 2017

Hi Kulshan XC (cross-country) Running Fans!

You are receiving this message because you are student or you are a family member of a student on the Kulshan Middle School Thunderbird XC team! The purpose of this letter is to give you a general overview about our season. I am sending this letter electronically through our Skyward Messaging Program to both you and your student.

XC practice is held on Monday-Friday from 4:00-5:30 each day. Our practices consist of a warm-up run, dynamic stretching, a workout, a warm down, core work, and stretching as well as games and conversation. Most days we go off campus by 4:00 and return around 5:15. The two main areas we run in are Whatcom Falls Park and Galbraith Mountain.

We have three dual (two schools) meets and one championship meet. The length of each race will be 3K which is 1.86 miles.

Our team is the largest ever and we are so excited. We will have four total coaches for our team which will be awesome.

The first day of practice is Monday, April 10. Everyone should be ready to run (or walk when you need to) with running shoes and appropriate clothes. We are a courageous outdoor sport and we are not afraid to go out in rainy weather 😊.

Most students find that staying hydrated all day (and the day before) and eating a snack sometime between lunch and practice makes a huge difference in how you feel when you run! I recommend bringing a water bottle to school along with a snack. When we go out running we don't carry water with us so it is good to be fully hydrated.

At the end of the school day runners will need to head to the locker room to change and then bring all your stuff to room 303. There is an outside door that is on the west side of the 300 wing. This is a different room than last year. From my windows, I can see

the drop off and pick up loop on the west side of the building. When practice is over at 5:25, your family can pick you up in the loop.

With some sports it is possible to pick up students early but not cross-country. We are almost always off campus and we need all coaches and students together for safety. If you can't be at a practice be sure to email me at julie.bennett@bellingshamschools.org.

We have a website (OneNote Page for students and fans). You can reach it with this link. We will have a copy of this letter there and I am hoping to add pictures and names of everyone on our team. Wouldn't it be nice to know all the names when you are out there cheering for the team? [Kulshan Thunderbird OneNote Website](#)

We need your design ideas for our gear! Send your digital designs to julie.bennett@bellingshamschools.org. Our Kulshan Thunderbird XC website has examples of what we have had in the past! Send designs as a .png if possible. If you want to see designs from the past five years checkout the One Note Page link or the display at the entrance to Kulshan Middle School.

Students! Please answer this survey.

[Student Survey for XC Runners- please click on this and submit your answers](#)

We are all looking forward to running with you on Monday, April 10.

In Running,

Coach Bennett, Coach Butcher, Coach Eckardt, and Coach Henry

From <https://bellingshamschools-my.sharepoint.com/personal/julie_bennett_bellingshamschools_org/Documents/2017%20XC/2017%20XC%20Skyward%202017.docx>

