



September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>*Cross Country and Fast Pitch have the same schedule.</i></p> <p><i>* Both sports ride the same bus</i></p>	<p><i>*If a Fast Pitch game is rained out– Cross Country is canceled.</i></p>	<p><i>1</i></p> <p><i>* Cross Country meets will be rescheduled for the same day as Fast Pitch make-up games.</i></p>	<p><i>2</i></p> <p><i>Phone Numbers:</i></p> <p><i>Coach Nilsen:</i></p> <p style="text-align: right;"><i>945-4637</i></p> <p><i>Office: 945-4601</i></p>	<p><i>3</i></p> <p><i>E-mail:</i></p> <p><i>rnilsen@fwps.org</i></p>	<p><i>4</i></p> <p><i>Informational Meeting 2:10-3:00</i></p>	<p><i>5</i></p>
<p><i>6</i></p>	<p><i>7</i></p> <p><i>Practice:</i></p> <p><i>2:20 until 3:45 (M-Th end time)</i></p> <p><i>Suit up and meet in the little gym</i></p>	<p><i>8</i></p> <p><i>Practice</i></p>	<p><i>9</i></p> <p><i>Practice</i></p>	<p><i>10</i></p> <p><i>Practice</i></p>	<p><i>11</i></p> <p><i>Practice</i></p> <p><i>Friday end time is 3:30</i></p>	<p><i>12</i></p> <p><i>Workout with buddy: bike, skate, climb stairs, or run</i></p>
<p><i>13</i></p>	<p><i>14</i></p> <p><i>Practice</i></p>	<p><i>15</i></p> <p><i>Practice</i></p>	<p><i>16</i></p> <p><i>Practice</i></p>	<p><i>17</i></p> <p><u><i>No practice:</i></u></p> <p><i>Illahee Staff Meeting</i></p>	<p><i>18</i></p> <p><i>Practice</i></p> <p><i>Friday end time is 3:30</i></p>	<p><i>19</i></p> <p><i>Workout with buddy: bike, skate, climb stairs, or run</i></p>
<p><i>20</i></p>	<p><i>21</i></p> <p><i>Practice</i></p>	<p><i>22</i></p> <p><i>Practice</i></p>	<p><i>23</i></p> <p><i>Practice</i></p>	<p><i>24</i></p> <p><i>Practice</i></p>	<p><i>25</i></p> <p><i>Practice</i></p> <p><i>Friday end time is 3:30</i></p>	<p><i>26</i></p> <p><i>Workout with buddy: bike, skate, climb stairs, or run</i></p>
<p><i>27</i></p>	<p><i>28</i></p>	<p><i>29</i></p> <p><i>Meet:</i></p> <p><i>Kilo @ Illahee</i></p> <p><i>2.0 miles</i></p> <p><i>Start time: 4:00PM</i></p>	<p><i>30</i></p> <p><i>Practice</i></p>			



October 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>Sacajawea:MS 1101 S Dash Point Rd Federal Way 98003</i>	<i>1 Meet: Illahee @Sacajawea 2.0 miles Start Time: 4:00 PM</i>	<i>2 Practice Friday end time is 3:30</i>	<i>3 Workout with buddy: bike, skate, climb stairs, or run</i>
<i>4</i>	<i>5 Practice</i>	<i>6 Meet: Sequoia @ Illahee 2.0 miles Start Time: 4:00PM</i>	<i>7 Practice</i>	<i>8 Practice</i>	<i>9 No Practice Buddy Run No school Teacher Inservice Day</i>	<i>10 Workout with buddy: bike, skate, climb stairs, or run</i>
<i>11</i>	<i>12 Practice</i>	<i>13 Meet: Illahee @ Saghalie* 2.0 miles Start Time: 4:00 PM</i>	<i>14 Practice</i>	<i>15 Meet: Illahee @ Lakota* 2.0 miles Start Time: 4:00 PM</i>	<i>16 No Practice Buddy Run No school Teacher Inservice Day</i>	<i>17 Workout with buddy: bike, skate, climb stairs, or run</i>
<i>18</i>	<i>19 Practice</i>	<i>20 Meet: Totem @ Illahee 2.0 miles Start Time: 4:00 PM</i>	<i>21 Practice</i>	<i>22 Practice</i>	<i>23 Practice Friday end time is 3:30</i>	<i>24</i>
<i>25</i>	<i>26 District Meet at Thomas Jefferson High School* Start time 4:00 PM</i>	<i>Address: Thomas Jefferson HS 4248 S 288th St Federal Way 98001</i>	<i>28</i>	<i>29</i>	<i>*Address: Saghalie MS 33914 19th Ave SW Federal Way 98023</i>	<i>Adress: Lakota MS 1415 SW 314th St. Federal Way 98023</i>