

Date: 01/14/2009

Subject: Schedule for this week

KAC Families,

This is just a reminder that we DO NOT have a meet this Saturday, so enjoy the opportunity to sleep in!

Since we do not have a meet, the coaches are planning a light practice on Friday. They will follow a shortened period of regular practice with some fun and games to give the kids a little break. All of them have been working extremely hard and their effort deserves a little reward.

See you all at practice on Thursday and have a great week!

Brian Moore