



R&L Fusion



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Dear Student/Athlete Guardian,

2018! What an exciting year that was. Bringing a 2nd place State trophy home for our boys was a great accomplishment. 2019 will be another year full of excitement and I just can't wait to get things rolling. I am ready to see the veterans return for more action and also hoping to see new faces. Remember that dual-sports are offered so all volleyball and football players are welcome to compete in both sports as long as there is a plan in place. If you are interested, please make sure you contact me ASAP. All 5th-8th graders are welcome and encouraged to come out for Cross Country as well. We had a blast with the young ones, so we are hoping to see many more. Elementary and JH meets are 1.5 miles long and High School meets are 5 Kilometers (3.1 miles). I am pleased to have Carla Smith back again as part of the coaching staff. She is excited and ready to share some of her knowledge as well as getting some running in with the team.

The first day of HS practice will be Friday the 16th of August at 7:00 PM at Richey. We will also practice Saturday at 7:30 A.M. Lambert should have some transportation leaving 30 min before practice to make it on time. JH and Elementary will start Monday the 26th in Lambert. As of now our first meet is scheduled for the 30th of August in Billings (HS only). 5-8 is set to go Friday on the 6th of September at Glasgow. We can't wait to have the opportunity to coach you this year. Even if you think you aren't fast, show up and we will do our best to help you reach your potential! See you soon!



Reach coach Mireles at (406) 281-2835 or by email at cmireles@richey.k12.mt.us

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