

Dear Morning Machines!

As I sit down to write this and our workouts together, I'm reminded that many of you were some of the first people I met when I moved here and I truly think of you all as family.

We began as a random group of 2-3 people attending the workout group to now having an email list of over 120 people. Many of you have stuck with me through the pandemic. During that time we had to hold Zoom workouts, then we trained on the 100+ degree blacktop, then you opened your driveways & garages for us to train at your house and then you came to our trainings in the local parks where we used the picnic tables as workout equipment.

When we were finally allowed back on campus you endured wearing masks while working out (when many local gyms did not enforce them) and now have tolerated wearing "visitor" wristbands to come train with me on campus. When the school campus closed due to hurricane warnings, you opened your homes for us to have "Hurricane Workouts." I'll forever remember our Christmas Eve & New Year's Eve workouts that were followed by our post workout refreshments.

I am forever thankful to all of you for believing in myself and my coaches and for trusting us with your fitness goals. Everyone of you and many of your kids have been so welcoming and friendly to my family and kids and I appreciate that more than you know.

After much thought and prayers, it is bittersweet that I write to you announcing my resignation from Windermere Preparatory School. Because of the relationships that I have built with the students, alumni, and all of you, this has definitely been one of the toughest decisions of my life. I have recently been offered a position at Oak Hill Academy, a prestigious boarding school in the Blue Ridge Mountains of Virginia and North Carolina where I can only hope to work and live near people as awesome as all of you.

The Morning Machines were always one of the best parts of my day and I want to thank you all for trusting my staff and I with your training; when I know you had countless other options!

To the Morning Machines that I also had the opportunity to train your children. Your children were all amazing to work with. Their dedication and interest in embracing the process of becoming the best at getting better have made this position much more than just a job. I am leaving here with some amazing memories and connections. You all have done an amazing job as parents that I can only hope to emulate.

I'll be here throughout the rest of the school year, but I will miss so many people associated with the school and our community and wish you all the very best. If you or your children ever need me you can contact me at 410-419-8330 or email me at [KurtzMicah@gmail.com](mailto:KurtzMicah@gmail.com), and if you're ever in the Blue Ridge Mountains please feel free to reach out. I would love to open the weight room for you, give you a tour of Oak Hill or meet you for dinner!

***Let's Get It!***

***Micah***