

2月1日

陸上部のプリシーズン練習に参加した。人が30人くらいいて、更にここから本シーズンにかけて増えるらしくびっくりした。上半身中心のメニューでとてもきつかった。クラスメイトが沢山いて一緒にワークアウトした。いい練習ができた。

2月3日

初めてスタジアムを使った練習があった。トラックのゴムの感触は悪くなかった。新しく反発もある程度あって走りやすかった。ドリル系の練習と180m×6本だった。とてつもなくきつかったが、楽しかった。沢山の人も話せた。

2月4日

HFとショッピングと映画を見に行っった。昼ごはんは中華のレストランに行ったら、とても美味しくて感動した。映画は”Knock at the cabin”という新作でそこそこだった。新しいHFと過ごすのも大切だが、APと英語のクラスの宿題がかなりあるので明日は頑張りたい。

2月6日

今日から陸上部の本シーズンが始まった。サーキット中心のメニューだった。きつかったが、集中して取り組むことができた。

2月7日

Today, I will write my report in English, because I felt like it. Since I moved to a new host family's house, everything is changing in a good way gradually. As for high school, I have track practice every after school, and I talk with a bunch of people. Although the practice is hard, I am glad I joined the team.

It is still implausible even for me to have myself stay in America for 7 months. On the other hand, I am really enjoying it for sure. I sometimes feel like I am still sleeping and living in my dream:) Unless this is not a dream, I have only 5 months left. I will achieve three goals by June. First, I will make 100 friends here. Second, I will find colleges and scholarships which I can apply for next year. Third, I will renew all of my best records in the 100m, long jump and triple jump.

2/10/Fri.

It was a quite busy week with my homework and T&F team. But it is Friday, and I am happy. I had practice after school, and I just stayed at home. My host mom always says “You are tired with track practice, so you don't have to work at home”, which is nice of her. But I am not sure whether I should accept it or not. I should definitely do something for my host family this three-day-weekend.

2/11/Sat.

My track coach called me this morning to tell me that I'm invited for advanced track practices at different high schools next week! I am so thrilled. My coach was like “You are a talented and gifted athlete!” and I think it is a lit bit overestimating. But I am ready to go there and do my best.

2/12/Sun.

My host dad took me to some sports goods stores to see my track spikes. Thankfully I brought my spikes for competition from Japan, so I only needed one for my practice. I finally got cool Nike spikes at the third store, and I can't wait to wear them for next practice.

I watched Super Ball, which was boring for me. But the halftime show by Rihanna was pretty good. I can't understand why some people can criticize the pregnant woman for pathetic reasons.

2/13/Mon.

I hung out with Giorgio on First street. I got flowers and candy for Valentine's day. The flower looks amazing.

2/14/Tue.

Since it is Valentine's Day, there are many people wearing red. At my high school, red means engaged, pink means having a crush, white means single and gray means complicated. I wore a brown and white jacket. It was so interesting to watch people wearing each color.

At 6 pm, I had an advanced track practice at a different high school. It was so hard, it wasn't what I needed to do for now. After the practice, my coach gave me a ride. Since he got a flat tire right after we left the stadium, we had to wait for 3A. In the car, I talked with my coach and his daughter a lot and we had so much fun.

2/15/Wed.

It was my host sister's birthday today, so we had sushi, sashimi and chocolate cake. It was so good. I was tired with my track practice, and the dinner made me feel so satisfied.

I really feel like I should start something for prom. I could go with my friends, but I want to get a partner to go with. On the other hand, I don't want to get any partner here because I know I have to leave in June. What I am thinking now is totally contradictory. I hope I can find a great answer soon.

2/19/Sat.

My AC took me and Giorgio to Saint Mary's college which is her work place. The campus was like an old European church and it was spectacular. I had dinner there and I watched their college basketball game. They are in Div1, and the game was a close and heated game.

2/20/Sun.

My host family took me to UC Berkeley, because they are graduates. The campus and their downtown were amazing. I kind of like it, but it is so competitive and they don't have a good design program sadly. I think I will go there just for fun with my friends next month.

2/22/Tue,

I got a package from my mom. There were Japanese plates, Kirby which my host sister likes, Japanese seasonings and some Japanese snacks. My host family were so happy, and so was I. It was the most windy day I have ever experienced, which was like a typhoon. It was so annoying during my track practice.

2/23/Wed.

Sara came to a track practice today, and she was constantly talking to me in the practice. Although she is one of my best friends here, it was so distracting from my practice. Also she makes it difficult for me to make new friends, because I can't talk with other people. I am not sure what I am going to do with her.

2/24/Fri.

There is so much rain and cold this week, which is stressing me out a lot. It is totally different from what I expected before I came to California. I miss sunny weather for real. According to most people here, this weather is unusual and they had never experienced it before. I am not sure whether I am lucky or unlucky.

2/26/Sun.

I went to San Francisco with my host family, and I had ramen and French pastries. I got the pastries for my host family. It looked beautiful and tasted amazing.

2/28/Mon.

Emily invited me to her birthday party. So I ordered a Japanese mug, journal notebook, green tea latte and chopstick for her, because she is in Japanese culture. I hope she will be happy with my presents. I am getting a schedule at my host family's house eventually, and I am going to hang out with my friends usually again.