

Black & Gold Cross Country Camp

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CAPISTRANO VALLEY HIGH SCHOOL
For Boys Entering 9th-12th Grades

When is it?

Newcomer's parent and athlete informational meeting is Wednesday, June 10th 7pm @ CVHS room H-11
Try-outs: Wednesday, July 22nd, 5:30pm @ CVHS Track.

Incoming freshmen will be expected to run 3 miles under 25 minutes and sophomores through seniors will be expected to run under 21 minutes.

**Anyone who does not make the try-out will be fully refunded.

* Coach-led workouts will be from July 22nd --- September 1st, Monday ---Thursday and Saturdays. If your family is planning a vacation falling within these days, runners are expected to stick to workout plans on vacation.

What is it?

A Cross Country race is three miles on all types of terrain (i.e. grass, dirt, hills, etc.). Runners will train over summer to build endurance and a solid base for the fall season. It is imperative your son begins the first endurance phase by running consistently and adhering to the workouts starting on June 22nd. A workout plan with a calendar will be given out at the parent meeting on June 10th; if you cannot make the meeting, arrange for someone to get the information for you. A solid month of base training before coach-led practice will ensure success for your son in the fall season.

Coach-led practice is an opportunity for your child to receive instruction in a team setting. In addition to professionally designed running workouts and strategies, runners will also receive cross training instruction in the weight room and pool.

DATES: July 22nd-September 1st

PRACTICE TIME: July 22nd-Sept. 1st :

Monday—Thursday & Saturday: 9-11am

COST: \$100 pre-registration (postmarked by July 16th) Onsite registration on July 22nd: \$125
Please make checks payable to Black & Gold Cross Country
(Financial-need scholarships available)

REGISTRATION: To enroll, fill in the application below and mail along with your check to:

Insured By
Francis L. Dean & Assoc.

Black & Gold Cross Country
Chris Dollar
189 Calle Cuervo
San Clemente, CA 92672

email Coach Dollar @ cmdollar@capousd.org

Boys Cross Country Camp Application

Runner's Name _____

Parent/Guardian's Name _____

Street: _____ City: _____ Zip: _____

Home Phone: [] _____ Business Phone: [] _____

Grade Next Year: _____ Shirt Size _____

Please note any medical condition that we should be aware of: _____

In consideration of your accepting this registration, I hereby agree to indemnify and hold harmless the Capistrano Unified School District and any of its officers, agents, or employees from any liability of claim or action for damages resulting from, or in any way arising out of, participation in this program by the person registered.

Parent or Guardian's Signature: _____

THIS IS NOT A CAPISTRANO UNIFIED SCHOOL DISTRICT SPONSORED EVENT
Insurance is provided in camp fee – not printed at CUSD expense