

**#1 Div. 1 team in O.C., #3 in Southern Section, #7 in State!!!!
Come run with the BEST!!!!!!**

**CAPISTRANO VALLEY HIGH SCHOOL
LADY COUGARS CROSS COUNTRY 2013**

HERE IS WHAT YOU DO!!

1. **REGISTER** for 6th period Girls Cross Country for the Fall
2. Attend **NEWCOMERS meeting on Wednesday, June 12 at 6:30 PM** at CVHS in room M-3 (M-3 is in two story building near baseball and soccer fields)
3. Get **Physical /Clearance Packet** from www.cvhs.com or www.CougarsXC.com.
 - a. schedule appointment with own doctor or attend June 24 physical at CVHS
 - b. turn in at first practice led by coaches on Monday, July 15
4. Athlete-led practices will begin tentatively Monday, June 17-they will notify
5. **Begin getting into shape** with regular running on own or with CVHS athletes during the athlete-led practice portion of our summer workouts. Captains will contact you and provide information at the NEWCOMERS meeting. Cross country website, [CougarsXC.com](http://www.CougarsXC.com), also has information on getting started.
6. **FIRST COACH-LED PRACTICE**, Monday, July 15, 8am, room M-3 at Capo Valley
Registration form will be available online and at Newcomers meeting
 - a. come with a digital watch
 - b. bottle of water or sport drink
 - c. your physical/clearance packet (if not already turned in)
 - d. good running shoes (see *A Snails Pace* or *Road Runner Sports* in Laguna Hills)
 - e. a great attitude
 - f. veterans and those who attended NEWCOMERS should be able to do 5 miles without walking. Brand new are welcome, we will start you out slowly
7. **MAMMOTH Camp** - (tentatively) Wednesday, August 21-Sunday, August 25. \$295
Details provided at NEWCOMERS meeting and on www.CougarsXC.com. Limited to top returning runners & top 4-5 newcomers who have shown dedication in summer. All attendees must complete time trial by August 1
8. **ARE THERE COSTS??** Compared to most sports and activities, we are CHEAP. Ability to pay is NOT an issue with participation. **Voluntary** donation to cover assistant coaches, t-shirts and uniforms, banquet, awards is \$200. Summer Training Camp will be approximately \$120
9. **WHO MAKES THE TEAM?** Essentially everyone who commits to the regular attendance and meets certain minimum standards of progress. When school starts, everyone who can complete 6 miles in 60 minutes and has met the summer attendance requirements makes the team
10. **CONTACT US:** Cougar's Cross Country website - www.CougarsXC.com
Head Coach Ken Sayles at klsayles@capousd.org, or call at 363-5297