

CAPISTRANO VALLEY LADY COUGAR CROSS COUNTRY

“A TRADITION OF EXCELLENCE”

2016 South Coast League Champs, #3 in OC champs, #6 CIF finals, #10 State

2015 ,2014, 2013, #1 in end of season Orange County polls

2015 #3 in Orange County champs race

2015 in CIF #7 in State

2015 #5 in CIF SS

2014 State Finalist 2nd place

2014 CIF 2nd place

2014 Orange County Champions

2014 South Coast League Champions

2013 Orange County Champions-Varsity and Frosh Soph

2013 State Finalist 4th place

2013 CIF Finalist 3rd place

2012 State Finalist

2012 CIF Finalist-3rd place

2011 Girls CIF Finalist

2010 Girls CIF Finalist

2009 Girls CIF Finalist

2008 Girls CIF Prelims

2005 Girls CIF Prelims

2004 Girls CIF Finalist

2003 Girls CIF Prelims

2003 Girls Div 2 Orange County Champions

1999 Girls Undefeated South Coast League

1999 Girls CIF Prelims

1998 Girls CIF Prelims

1997 Girls CIF Prelims

1992 Girls CIF Finalist

1992 Girls SOUTH COAST LEAGUE Finals Race Champs

1991 Girls CIF Finalist

1989 Girls CIF Finalist

1989 Girls SOUTH COAST LEAGUE CHAMPS

1979 Girls CIF Finalist

1978 Girls 3rd in CIF Finals

COUGAR CROSS COUNTRY SCHEDULE 2017-

Wed May 24 **Newcomers Meetings** at CVHS 6:30 pm Girls in k-2 boys t.b.a. -follow signs

Mon June 26 **Athlete led** training begins-captains will contact, see website www.cougarsxc.com

Mon July 10 **Boys Coach Led** Summer Practice Camps begin at school at 8 am

Mon July 17 **Girls Coach Led** Summer Practice Camps begin at school at 8am details of sites, times will be on website www.cougarsxc.com

Tuesday July 25 **Parents and Athletes Booster Meeting** for Ordering, signups, organization Mission Viejo City Hall 6pm

Wed Aug 9—Sun Aug 13 –Girls **Mammoth Camp** by invite top 16-18

Wed Aug 9-Sun Aug 13-Boys **Mammoth Camp** by invite top 12

Sat Sep 2-**Beach Run , Bagels and Booster Meeting** 7:30 am Marina Hills to Doheny Beach

Sat Sep 9 **Laguna Hills Invite** approx. 7am-12

Sat Sep 16 **Woodbridge Invite** at Great Park in Irvine, races start in late afternoon , extend into evening

Sat Sep 23 **Dana Hills Invite** approximately 7am -10 am

Sat Sep 30- **Stanford Invitational** top 7 boys and top 7 girls , leave on Friday , return Saturday night

Week of Oct 3-5 South Coast (girls) and Sea View(boys) **League Preview Meets** t.b.d.

Sat Oct 14 **OCC** at Oaks Park near Irvine Lake approximately 7am-1pm

Sat Oct 21 **Mt Sac** exact times to be determined but likely all in 7-11 time frame

Week of Oct 31-Nov 2 **League Finals** t.b.d.

Sat Nov 11 **CIF Prelims** at t.b.d to be determined

Sat Nov 18 **CIF finals** at Sac-tba

Sat Nov 25 **CIF State Meet** at Woodward Park Fresno

SEE OUR WEBSITE FOR INFORMATION SCHEDULES, FORMS, ETC
www.cougarsxc.com

ABOUT COUGAR CROSS COUNTRY

I. HEAD COACHES

a. Head Girls Coach—Ken Sayles

- i. home-363-5297 cell 290-1267
- ii. home e-mail: kensayles@outlook.com

b. Assistant Coaches—Marina Jones 760 219- 9123 Erica Tompkins cell 949 350-2084

II. BOOSTER CLUB

- a. Leaders Michelle and Dennis Bautista email: dennis.bautista@gmail.com,
michellebautista888@gmail.com
- b. Treasurers-Robyn Self rbnsself@gmail.com

III. ABOUT COUGAR CROSS COUNTRY

a. Some History

i. Capistrano Valley's girls are 2 time defending Orange County Champions Varsity was 2nd in CIF and 2nd in State Div. 2 in 2014. We operate in the South Coast league , known NATIONWIDE as the "Super League" due to the depth of quality ii. Coach Sayles is in his 29th season as Head Coach and has served as the Head Track Coach and coaches the girl distance runners during Track. He was named **Orange County and CIF southern section "Coach of the Year" in 2014**. He was the 1999 District Teacher of the Year and his athletes have won 42 individual League, 2 CIF Champions, an Orange County Athlete of the Year a high school All American and his athletes have made 8 State Meet appearances at Cross Country and Track. He is a National, State and CIF certified coach and is the first coach in the CUSD to complete its coaching certificate program. **Coach Sayles was honored by CIF Southern Section with its "Coaching for Character "Award for years of teaching important values along with fielding championship level teams.** He is an accomplished marathoner, having completed 23 marathons including the Boston Marathon 3 times and has competed as a triathlete as well.

iii. **Coach Jones** is a "legend" in running circles and is in her fourth year of her second stint as an assistant coach. Coach Jones has been a top national distance runner over 30 years and is nearing her 100th Marathon!! **Coach Tompkins** is in her fifth year with the Cross Country program. She is a graduate of Capo Valley and an accomplished runner herself having competed for the Capistrano Valley cross country and track teams and in college as well.

iv. Team Philosophy We believe that runners should:

1. Have high expectations
2. have confidence in their coaches
3. have confidence in themselves
4. HAVE FUN
5. believe there are NO LIMITS to what they can do
6. understand that each team member is important
7. Together Everyone Achieves More
8. workouts are practice for championship races

SUMMER IS THE ABSOLUTE KEY TO SUCCESSFUL FALL CROSS COUNTRY

CHECK WEBSITE www.cougarsxc.com

C. COSTS?-Summer training camp is requested donation of \$100 to pay coaches
Fall season is a requested donation of \$175 to cover uniforms, assistant coaches, awards, banquets, pasta parties and food at meets. Girl's camp in Mammoth is around \$300 and is limited and by invitation only.

D. What about CLUB SOCCER?

In spite of the fact that cross country and track coaches refer to it as the "s" word, at CVHS we are willing to work with you in spirit of compromise and equality. Our experience is that some Club coaches can be very inflexible and uncompromising. We believe in encouraging athletes to explore ALL options for their future as fully as possible. Communication and cooperation will be the key. It can WORK!!!

E. When are PRACTICES?

Summer practices are held at several different sites and athletes choose which to attend 5-7 times a week. Mornings are 8:00 am and evenings 5:30 pm. Summer practices last around 1 ¼-2 hours including stretching drills, running. Requested donation is \$100 School year practices are held Monday from 2:10-4:00, Tuesday and Thursday from 1:10-3:00 and Wednesday and Friday from 3:05-5:00. Finish times are approximate!!

F. When are MEETS?—detailed schedule at beginning of this packet

1. We attend 6 Saturday Invitational which are usually done by noon. Our South Coast League uses a cluster meet on in early October when all teams compete against each other but it is scored as dual meets. Then League Finals in early November. Athletes and teams who qualify for CIF post season may have an additional couple of weeks into November
2. GIRLS VARSITY are planning on sixth straight trip to State Meet , Thanksgiving weekend and so families of potential top ten girls MUST NOT PLAN TO GO AWAY!!

G. Who PARTICIPATES?

1. EVERYONE!!! Varsity teams limited to 7 but JV ,Soph and Frosh girls are open to all

H. How long is the SEASON?

1. Summer practice is crucial and begins in late June with athlete led practices
2. Coach led practices begin July 17th ..
3. The formal meet season ends in November.
4. Athletes can remain in the class and prepare for Track or transfer to a winter sport

I. PARENTS

1. We believe that a TEAM is the athletes and the coaches, but a PROGRAM is the TEAM plus PARENTS. We have a very active involved and supportive group of parents

2. IMPORTANT DATES TO REMEMBER:

NEWCOMERS MEETING: Wed May 24 at 6:30 pm at CVHS in K-2

Monday June 26; Athlete led practices will begin- captains will notify athletes see website

MONDAY, JULY 17: First Girls COACH LED PRACTICES at Summer Camp

WEDNESDAY AUG 3-7 Girl's Camp/ Mammoth by invitation only top 16-18

SATURDAY, September 2nd Beach run, bagels and Booster meeting. Begins 7:30 am at Marina Hills ending at Doheny Beach for bagels, fruit, juice and meeting , over by 11 am

WEBSITE www.cougarsxc.com