

TWO TIME ORANGE COUNTY CHAMPIONS!!!!
#2 in CIF southern section and #2 in State #14 in US!!
South Coast League Champs, Varsity , JV, Frosh
Led by Register and CIF Southern Section Coach of the Year Ken Sayles

CAPISTRANO VALLEY HIGH SCHOOL
LADY COUGARS CROSS COUNTRY 2015

HERE IS WHAT YOU DO!!

1. **REGISTER** for 6th period Girls Cross Country for the Fall
2. Attend **NEWCOMERS meeting** on Saturday June 20 at 10:00am at CVHS in room K-5
Signs will direct you—walk towards soccer and softball field and theater, it will be on right
3. Get **Physical /Clearance Packet** off www.cvhs.com or www.cougarsxc.com school.
 - a. schedule appointment with own doctor or attend late May physical at cvhs -
 - b. turn in at first practice led by coaches , Monday July 20
4. Athlete led practices will begin tentatively Monday June 22-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. For information on getting started also on cross country website :www.cougarsxc.com
6. **FIRST COACH LED PRACTICE** , Monday July 20 8am, room K-5 at Capo Valley
Registration form will be available on line 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**-Wednesday Aug 12-Sunday August 16.
Approximately \$300 requested donation details provided at NEWCOMERS meeting and on www.cougarsxc.com Limited to top returning runners, top 4-5 newcomers who have shown dedication and ability in summer.
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 \$250
Summer Training Camp will be approximately \$140
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
10. **CONTACT US** **Cougar Cross Country website** www.cougarsxc.com
Head Coach Ken Sayles at kensayles@outlook.com or call at 363-5297

Please note that the Constitution of the State of California requires that we provide a public education to you free of charge. Your right to a free education is for all school/educational activities, whether curricular or extracurricular, and whether you get a grade for the activity or class. Subject to certain exceptions, your right to a free public education means that we cannot require you or your family to purchase materials, supplies, equipment or uniforms for any school activity, nor can we require you or your family to pay security deposits for access, participation, materials, or equipment.