



# CERRITOS HIGH SCHOOL CROSS-COUNTRY

12500 East 183<sup>rd</sup> Street ■ Cerritos, CA 90703 ■ 562-926-5566

Coaches ■ Jason Watanabe ■ Damon Gohata ■ Allison Koizumi

*“Striving for new heights in our lives, in our sports, in ourselves.”*

*“Ohana: a family today, tomorrow and until eternity. RNR Ohana”*

**Cerritos Cross  
Country  
Administration  
Coaching Staff  
and  
Student Officers**

12500 East 183<sup>rd</sup>  
Street  
Cerritos, CA 90703  
562-402-5044

**Janice Peterson**  
Principal

**Todd Denhart  
Rob Adams**  
Athletic Director

**Jason Watanabe**  
Head Coach

**Damon Gohata  
Allison Koizumi  
Jonathan Nagayama  
Thien-Nam To**  
Assistant Coach

**Mike Tran  
Athalía Magaña  
Ganesh Tilve  
Erika Resultay**  
Captains

Athlete Name \_\_\_\_\_ Grade \_\_\_\_\_

\_\_\_ OPTION #1 - Team Donation (HIGHLY RECOMMENDED)

- All team functions included (excludes optional camps, trips & activities).
- Discounted camp & trip payments.
- A records of donation to a non-profit organization will be provided via e-mail upon request.

Name of Donator(s) \_\_\_\_\_

E-mail \_\_\_\_\_

\_\_\_ OPTION #2 - Summer Training Program ONLY

- Athletes in the summer training program will receive the normal cross country training, however, does not include team subsidized team functions and will be subjected to the NF pricing.
- Athletes will have to option to upgrade to option #1 at the end of the summer if the roster cap has not been met.
- Program may be canceled if resources are not available to support any additional athletes.
- Athletes who sign up for this option must also complete normal athlete clearance procedures.

\_\_\_ OPTION #3 - Individual Payment Plan

- Athletes in individual payment plan will pay individually for items and events.
- Athletes are guaranteed two meets (Suburban League Cluster #1, Finals) and will not be on the traveling team.
- Athletes must meet minimum race requirements to be eligible to be recognized at the banquet.

Our program functions on the fundraising and donations of athletes who participate within the program to generate the experience that each athlete should have while being part of the team. In order to do so, we encourage you to continue to support us through option #1.

I acknowledge I have thoroughly read through each option and agree to fulfill my obligations based on the options I select. If option #3 is selected, I agree that I will fulfill my obligations based on the activities I participate in. By signing below, I understand my obligations in each options package. (Questions? Contact Jason Watanabe: WUTANABE5@AOL.COM)

Parent (Print Name & Signature) \_\_\_\_\_ Date \_\_\_\_\_

Student(Print Name & Signature) \_\_\_\_\_ Date \_\_\_\_\_

## Finance Option Sheet

<b>Season: New</b>	NF Addition	Early (Sept. 6)	By October 7	By November 4	After Nov. 4
	<b>X</b>	<b>\$200</b>	<b>\$215</b>	<b>\$230</b>	<b>\$250</b>

\*New athletes will have two weeks from joining for the "early bird."

<b>Season: Returner</b>	NF Addition	Early (Sept. 6)	By October 7	By November 4	After Nov. 4
	<b>X</b>	<b>\$180</b>	<b>\$200</b>	<b>\$225</b>	<b>\$250</b>

<b>isoCAMP</b>	NF Addition	Early (May 6)	By July 15th	After July 15th
	<b>+\$75</b>	<b>~ \$100</b>	<b>X</b>	<b>~\$125</b> <b>~\$150</b>

<b>Mammoth Camp</b>	NF Addition	Early (May 6)	By May 20th	By August 1	After August 1
	<b>+\$145</b>	<b>\$465</b>	<b>\$480</b>	<b>\$505</b>	<b>\$530</b>

<b>Oregon</b>	NF Addition	Early (Aug. 5)	By September 9	After October 14	After Nov. 4
	<b>+\$150</b>	<b>\$325</b>	<b>\$350</b>	<b>\$375</b>	<b>\$425</b>

\* Athletes who have fundraised will receive a Oregon t-shirt.

<b>Clovis</b>	NF Addition	Early Bird	By October 7	By Nov. 4	After Nov. 4
	<b>+\$100</b>	<b>X</b>	<b>\$30</b>	<b>\$50</b>	<b>\$75</b>

\* Athletes who have fundraised will receive a meet t-shirt and meal.

<b>Banquet</b>	NF Cost	ATH by Nov. 23	ATH by Dec. 6	PR/AL by Nov. 23	Guest by Nov. 23
	<b>\$45</b>	<b>\$15</b>	<b>\$25</b>	<b>\$30</b>	<b>\$35</b>

Individuals who decide not to fundraise may participate, however, will be pay for any additional/options activities and programs that they partake in throughout the summer and the season. Athletes who do not fundraise will participate in three races only in the 2011 season: Suburban League Cluster #1, Non-League Dual Meet (IF HOME), Suburban League Finals

**NF = Non-Fundraising (Option 2/3)**

		NF Cost
Summer Program	6-10 Days*	\$50
Summer Program	11+ Days	\$125
Summer Races	Gahr/Legg Lake	\$5-7/Race
Transport	Summer (OPT)	\$.25/mile + \$1/hr
Team Shirt	XXL+ (+\$5)	\$15
Jersey Singlet	XXL+ (+\$15)	\$40
Jersey Shorts		\$30
Invitationals	Registration	\$10-15/Race
Invitationals	Meets (OPT)	\$10-60/Race
Medals	Non-League	\$7
Bonfires		\$10+Food Item
Potlucks		\$10+Food Item
Activities		Varies by Activity
Ice Baths		\$5
CIF Activities		FULL COST
Banquet Program		\$5
Varsity Letter		SCHOOL COST
Team Medal		\$5
Certificates	Additional Awards	\$1/Award
Patches		\$15
Framed Photo Awards		\$15
League Champs Plaques (Varsity/JV)		\$25/\$10
T-Shirts (Championships/AOM)		\$15/Each
Individual/Team Awards	VARIOUS	\$10-25
Team DVD		\$25

