

http://www.cerritosxc.com

CERRITOS CROSS COUNTRY

"CXC: To the Edge & Beyond"

☒ THE TEAM LOOKS TO PUSH THE LIMITS THIS YEAR AND FIND THEIR WAY TO A BREAKTHROUGH DURING THE 2011-2012 SEASON.

CERRITOS, CA - Our program has become one of the most popular on campus and is composed of some of the most active students on campus. Due to this, not only is cross country a great way to get into shape, it's a great way to meet people.

Our program has found much success over the past decade including the sweep of the ABC District Championships (five divisions) and taking home two league championships.

With a highly motivated squad, we truly believe that we can find our way to the edge and exceed beyond all expectations. We look forward to working with you this upcoming season.

Online Forms & Information

- Sign Up Form
- Statement of Acknowledgement
- Finance Option Form
- Field Trip Form
- Non-District Form
- Calendar
- Budget
- Checklists

School Forms

Athletic Clearance Packet
(available in the front office)

- Physical
- Three Blue Cards
- Additional Forms
- Insurance Information REQ

What is cross-country?

Cross-country, on the high school level, is a race between three miles and five kilometers. Athletes are trained in such a way to prepare them for the situations they may face in races since the terrain may vary from course to course.

The summer is an important aspect in developing the skills of cross country athletes in order to better prepare them for the season. The week long Mammoth Camp is a great opportunity for athletes to obtain even a greater knowledge and training ground for the upcoming season.

Though winning is an excellent plus, the focus at Cerritos High School is to assure that each athlete is attempting to transcend the boundaries they build around themselves and are succeeding at the level at which they currently are performing. We institute no cuts based on time, rather, effort is the only factor that may lead to an athlete being removed from the team. This year, we may have to cap the team if the team exceeds 150 athletes. Athletes will be chosen based off of attendance, effort and other factors, including level of performance.

In addition, cross-country involves itself in more than just running, as it serves as a home away from home. Athletes involve themselves in team outings such as sports, bonfires, lunches, and other outings, that allow them to create even stronger bonds throughout the season.

We look forward to seeing you and your athlete throughout this season!!

THE INSIDER

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Freeze Frames

2011-2012 Schedule

July 2	La Palma Run (R)
July 5	Official Training
July 8	Team Bonfire
July 13	Team Breakfast
July 15-17	isoCAMP*
July 28	Gahr Two Mile
Aug 7-13	Mammoth Camp (R)
Aug 25	Gahr Two Mile
Aug 26	Bonfire
Sept 3	KC Spirit Run (R)
Sept 10	Great Cow Run
Sept 15	District Champ.
Sept 17	Rosemead Invite
Sept 22-25	Oregon*
Sept 29	Cluster #1: Cerritos
Oct 1	Warren Invitational
Oct 5	Non-League Dual
Oct 7-8	Clovis Invite*
Oct 13	Cluster #2: La Mirada
Oct 15	Bell Gardens
Oct 23	Mt. SAC Inv.
Nov 3	League Finals: LM
Nov 12	CIF Prelims
Nov 13	Associaion JO (R)
Nov 19	CIF Finals
Nov 20	Regional JO (R)
Nov 24	Turkey Trot
Nov 26	State Champs.
Dec 3	Footlocker (R)
Dec 10	National JO (R)

* Invitation Only (Tent Canceled)
R Registration Required
Additional events to be added as the season progresses.

Captains Corner

"Welcome to the XC Family. Remember that this sport is 10% physical and 90% mental. Anyone can succeed in this sport, just believe!"

- Kristen Torres

Captain 2005-2006

Website

www.cerritosxc.com
USER: cerritosxc
PASSWORD: mustardb

Do not distribute to non-Cerritos Cross Country individuals.

Upcoming Events

- 06/17 Parent Meeting (Rm 504)
7:00pm
- 07/05 Athletes Begin Meeting with Team for Runs Weightlifting/Drills following Run.
- 07/08 Summer Kickoff Bonfire
1pm - Bolsa Chica
Sign Up with Coach!

Highlights

COACHES HIGHLIGHTS
Cerritos Cross Country Welcomes
The New Coaching Staff & Volunteers

- Head Coach - Jason Watanabe
- Asst. Coach - Damon Gohata
- Asst. Coach - Allison Koizumi
- Asst. Assistant - JT Nagayama
- Asst. Assistant - Thien-Nam To
- Volunteers - Misc. Alumni

Contact Information

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