


Cerritos Cross Country

**"To the Edge & Beyond"**

Cerritos Cross Country

"I love the winning, I can take the losing, but most of all, I love to play."  
- Boris Becker



**Ohana Means Family**

- Respect
- Sacrifice
- Trust
- Communicate
- Support & Encourage



**Ultimate Goals**

- Health & Nutrition
- Mechanics of Running
- Competitive Sportsmanship
- Develop Skills & Good Habits
- Social Outlet & Ohana
- Enjoy Recreation

**Involved Students**

- ASB President & Officers
- Escudo de Oro Honorees
- Athlete of the Year
- Homecoming Queen
- Valedictorians
- Multiple Sport Athletes


**Team Since 2003**

- Athletes ~ 150
- ABC District Champions
- Suburban league Champions
- Fastest Teams by Time



## The Coaching Staff

- Jason Watanabe (9<sup>th</sup>, 11<sup>th</sup>)
- Damon Gohata (8<sup>th</sup>)
- Allison Koizumi (7<sup>th</sup>)
- Jonathan (JT) Nagayama (2<sup>nd</sup>)
- Thien-Nam To (1<sup>st</sup>)



## Schedule

- Mon to Fri at 6:15am (183<sup>rd</sup>)
  - Core, Push Ups & Drills
  - Weight Room (Optional), 8:00am
- Sat at 7am, Varsity/A-Group
- Tues & Thu at 5pm, A-Group Double
- Absences Clear 24-Hours in Advance for Practice, One Week for Races.

## First Day Checklist

- SUMMER stamped blue card.
- Statement of Understanding
- Finance Option Sheet
- Shoes, Shorts, T-Shirt, Towel, Water
  - Great Attitude

## Major Events

- Cross Country Bonfires
- isoCamp (Canceled)
- Mammoth Camp (August 7-13)
- Oregon (September 22-25)
- Clovis (October 7-8)



## The Checklist

- Paperwork
  - Clearance, Packet
- Running Attire, Towel
- Water & Snacks
- Camp Forms & Payments



## The Athletic Packet

- Extracurricular Clearance
- Code of Ethics
- Field Trip
- Non-District Transportation
- Physical Examination
- Three (3) Blue Cards
- [ASB Card]

## Physicals & Medical

- Physical Packet Form
- Iwaki Chiropractic 865-0569
- Don't Forget the TDAP
- Inform coaching staff of medical issues such as allergies, asthma, other medical history.

## Attendance & Grading

- Summer for Preparation
- Official Evaluation: August 29 – September 2.
- Absences (Practices) [24hr Notice]
- Absences (Races) [Min. 1 Week]

## Expectations

- 100% Effort
- Constant Communication
- Respect & Responsibility
- Emphasis on Team
- Dedication & Self-Motivation
- Self-Development & Improvement

## Website & Communication

- Website:  
<http://www.cerritosxc.com>
- PW: mustardb
- E-mail Contact List
- Facebook Group Page
- Weekly Online Newsletters

## The Financial Breakdown

- Option #1 (Donation) – All basic team activities covered including summer training program.
- Option #2 – Summer training program only (space permitting).
- Option #3 – Payment by event, activity, and item.



## Camps & Fees

Team - \$200\*<sup>^</sup>  
 isoCamp - Canceled  
 Mammoth - \$480  
 Oregon - \$350  
 Clovis - \$30

\*\$20 less if you already own your jersey.  
<sup>^</sup> Individual Cost Options  
 \*\*See Financial Chart & Options

### Review

- Get Cleared
- Get Equipment
- Review Schedules & Conflicts
- Have a Great Time



### CXC 2011 Mammoth Camp

### Driver/Counselors

\$150 Drive Your Vehicle  
\$50 Drive Rented Vehicle



### Athlete Packet #1

- Rules & Regulations
- General Info & Releases
- Field Trip/Non-District
- Athletic Clearance Packet

### Athlete Online Packet #2

Contact #s  
Condo Assignments  
Daily Schedule  
Miscellaneous

