



CERRITOS CROSS COUNTRY

PRESEASON CHECKLIST

- _____ Physical Packet [Activities 7/5/11]
- _____ Blue Cards [Summer Stamp 7/5/11]
- _____ ASB Card [Activities 9/8/11]
- _____ Athletic Clearance [Activities 9/8/11]
- _____ Finance Option Forms
- _____ Proper Running Shoes (Not Cross Trainers)
- _____ Running Attire
- _____ Water Bottle (Optional)
- _____ Stopwatch (Optional)
- _____ Profile/Headshot
- _____ Read Rules and Regulations
- _____ E-mail Vacation/Absence Dates ASAP
- _____ Verify Conflict Dates of Absence with Coach
- _____ Visit the Webpage
- _____ Sign Up for the Cross Country Facebook Group

MAMMOTH CAMP ATTENDEES

- _____ \$200 Deposit/Registration
- _____ Payment #2
- _____ Payment #3 (Total \$480)
- _____ Forms/Package/Athletic Clearance
- _____ Transportation Fee (INCLUDED)

PLEASE VISIT THE WEBSITE AND GO TO **MISCELLANEOUS → FORMS** AND COMPLETE ALL FORMS LISTED ON THE PAGE. USER NAME AND PASSWORDS ARE PROVIDED. PLEASE DO NOT DISTRIBUTE THIS INFORMATION.

>>> SIGN UP FOR CAMP

>>> ATTEND CROSS-COUNTRY FUNCTIONS

>>> ENCOURAGE YOUR FRIENDS TO JOIN

ADDITIONAL INFORMATION WILL BE POSTED ON THE WEBPAGE.

See what's inside this packet ...

- Signup Form
- Introduction
- Rules and Regulations
- Schedule and Calendar
- Budget
- History
- Collage Form
- Fundraising Forms
- Race Forms
- CXC E-mail Accounts!

Things to remember ...

Every year we have athletes who cannot run faster than a ten minute mile and who eventually reduce their personal records in the mile and run farther than they ever thought they could. Don't be scared away by the rumors, if you are interested, just come out and try it!

The first few weeks are difficult, however if you train consistently, it gets easier!

What I should also consider ...

Mammoth is a great opportunity for athletes to bond and to learn about running in greater detail, including more tips and tricks, techniques and wonderful training opportunities. Food, lodging and transportation for seven days is included in the price!

Ask your friends to join! Not only will you receive credit towards your fundraising for athletes who are referred by you, you will also have the opportunity to spend more time with them!

Also, try meeting new people! Although spending time with your friends are nice, take some time each day to meet someone new!

Consistency! If you come out every day and train equally hard, you will improve much faster than attending practice sporadically. **It also determine who ultimately makes the team.**

Shoes may be a bit more expensive, however, good shoes can save you a lot of relief. Everyone wears a different type of shoe, you should ask what's right for you!