



Cerritos Cross Country 2011

PLEASE FILL OUT SIGN UP FORM IN THIS PACKET TO ROOM 315 OR MAIL TO CERRITOS HIGH SCHOOL: 12500 EAST 183RD STREET, CERRITOS, CA 90703.

Checklist/Dates/Deadlines for Cross Country

- ___ Sign Up Forms Due ASAP!!!
- ___ Parent Meeting in Room 504 – June 17 at 7:00pm
- ___ Mammoth Camp Parent Meeting in Room 504 – June 17 at 7:45pm
(Bring Insurance Information and Medical Information)
- ___ First Full-Official Practice – July 5
- ___ Blue Cards/Physicals with Summer Stamp Due July 5
- ___ Parent Packet Forms Due July 5 [Distributed at Parent Meeting/Online]
- ___ Donation Option #1 Due July 5 (\$100)
- ___ Season Kickoff Bonfire at Bolsa Chica – July 8 (1:00pm – 9:00pm)
- ___ Team Breakfast – July 13 (8:30am)
- ___ Announcement of Team Adoptions – July 18
- ___ Varsity isoCAMP 2011: TBA (Tentative) – July 15-17 (Invitation Only)
- ___ Mammoth Camp 2011 – August 7-13 (Additional Registration/Fee)
- ___ Summer Ending Bonfire at Bolsa Chica – August 26 (1:00pm – 9:00pm)
- ___ ASB Cards (\$50)/Stamped Blue Cards Due September 8
- ___ The Great Cow Run at Regional Park – September 10 (7:15am)
(Parent Volunteers Needed, Signups for Competitors Needed)
- ___ Donation Option #2 October 21 (\$100, \$80 for athletes with jersey)
- ___ Advertisements Due November 4

Items to Purchase/Get Prior to Practices

- ___ Athletic Packet/Physical Packet (One Packet)
- ___ Running Shoes (www.roadrunnersports.com for Store Information)
- ___ Running Shirts/Shorts/Sweats
- ___ Water Bottle/Camel Pack
- ___ Athletic Socks (Sock Should Be Longer in Length)
- ___ Running Watch (Digital Timers)

Cross country can be quite strenuous, physically and mentally, and is very difficult the first few weeks, however, with time, the workouts get easier, you will get into shape quickly and you will begin to enjoy the sport a lot more. In addition, the team dynamic makes this sport the most exciting sport on campus! Don't miss out!

PROCESS FOR JOINING

1. FILL OUT THE SIGN UP SHEET AND RETURN.
2. PICK UP A PHYSICAL PACKET.
3. COMPLETE THE PHYSICAL PACKET INCLUDING DOCTOR'S PHYSICAL.*
4. ATTEND THE PARENT MEETING ON JUNE 17 AT 7:15PM IN ROOM 504 AT CERRITOS HS.
5. PICK UP OR DOWNLOAD A SEASON FORM PACKET (WWW.CERRITOSXC.COM).**
6. PAY OR FUNDRAISE THE REGISTRATION FEE.***
7. MAKE SURE YOU HAVE APPROPRIATE RUNNING SHOES, SHORTS, T-SHIRT, TOWEL AND WATER.
8. ARRIVE AT PRACTICE IN THE 183RD PARKING LOT AT 6:15AM.
9. ATTEND VARIOUS EVENTS INCLUDING POTLUCKS, CARBO-LOADING DINNERS AND CAMPS.
10. HAVE FUN AND ENJOY.

* PHYSICAL PACKET INCLUDES PHYSICAL & INSURANCE FORMS, FIELD TRIP FORM, TWO (2) BLUE CARDS, AND CIF WAIVER.

** PLEASE E-MAIL COACH WATANABE FOR ACCESS TO PRIVATE SECTIONS OF THE WEBSITE: WUTANABE5@AOL.COM.

*** THE BREAKDOWN OF THE FEE WILL BE PROVIDED IN THE SEASON FORM PACKET.

REASONS FOR JOINING

1. EXERCISE DAILY AND MAINTAIN YOUR LEVEL OF HEALTH AND NUTRITION.
2. DEVELOP MANY SKILLS AND CHARACTERISTICS THAT WILL HELP YOU IN LIFE.
3. MAKE NEW FRIENDS AND SPEND MORE TIME WITH YOUR CURRENT FRIENDS.
 4. GETTING INVOLVED IN SCHOOL ACTIVITIES.
 5. PARTICIPATING IN A FUN-FILLED TEAM.
 6. THE MAMMOTH CAMP AND OTHER TRIPS.
 7. THE POTLUCKS AND CARBO-LOADING DINNERS.
8. THE ACTIVITIES PLANNED THROUGHOUT THE YEAR INCLUDING BONFIRES.
9. HAVE VARIOUS MENTORS TO HELP YOU THROUGHOUT YOUR SCHOOL YEAR.
10. THE CROSS COUNTRY FAMILY AND SPIRIT.

COMMON EXCUSES NOT TO JOIN

1. I CAN'T RUN 3-MILES ... MOST CAN'T WHEN THEY START, BUT WE HAVE 140+ THAT CAN NOW.
2. IT'S TOO EARLY IN THE MORNING ... YOUR DAYS ARE LONGER AND YOU HAVE MORE TIME TO ENJOY!
3. I DON'T LIKE TO RUN ... THERE'S A LOT MORE TO CROSS COUNTRY THAN SIMPLY RUNNING.
 4. NO ONE I KNOW IS JOINING ... THERE ARE OVER 100 PEOPLE YOU CAN MEET!
5. I'LL DO IT NEXT YEAR ... MANY WHO JOIN WISH THEY DID IT THEIR FRESHMAN YEARS.

HIGHLIGHTS OF THE SEASON

1. MAMMOTH CAMP AND VARSITY TRIP (OREGON OR HAWAII)
 2. POTLUCKS AND CARBO-LOADING DINNERS
 3. FOOTSOCCER AND OTHER GAMES THROUGHOUT THE SUMMER
4. CONTINUING TO RELIVE THE MEMORIES OF CROSS COUNTRY WITH LIFELONG FRIENDS
 5. OHANA - OUR CROSS COUNTRY FAMILY



Updated 1.25.09

Name		Grade	
4-Digit ID	6-Digit ID	Date of Birth	
Address		City/Zip Code	
Phone	Cell Phone		
E-mail			
# of Season in XC/Track	T-Shirt Size	Level (VAR, JV, FS)	
Would you be interested in attending the Mammoth Camp?		YES NO MAYBE	Referred By

Fundraising and Miscellaneous Forms (Coach Use Only)		
Physical & Blue Cards		
T&F Fee (\$100)		

Equipment (Coach Use Only)		
Singlet (\$30/\$40)	OUT	IN
Shorts (\$30/\$40)	OUT	IN
Shirt (\$15)	OUT	
Jacket (\$40)	OUT	IN
Sweats/Bag #___	OUT	
OTHER		

Grade Check Form (List Classes Only)		
(Record 1st Semester/2nd Semester)	INSTRUCTOR	
1st:		
2nd:		
3rd:		
4th:		
5th:		
6th:		
7th/Zero:		

Personal Records	
	Best Time/Mark
400 meters	
Goal Time:	
800 meters	
Goal Time:	
1600 meters	
Goal Time:	
3200 meters	
Goal Time:	
2 miles (XC)	
Goal Time:	
3 miles (XC)	
Goal Time:	
5 kilometer (XC)	
Goal Time:	
Other	
Goal Time:	

* Please attach a copy of your semester report cards.

Please mail form to: Cerritos High School - 12500 East 183rd Street, Cerritos, CA 90703 - ATTN: Jason Watanabe/Cross Country.