



# ERRITOS CROSS COUNTRY



## COMPETITION



Questions  
Regarding the  
Team or Camps  
For More Information, Please Call:  
Jason Watanabe (C) 562-397-0867  
Jason.Watanabe@abcusd.us



## OHANA SPIRIT



## FUN TIMES



## GREAT MEMORIES



CERRITOSXC.COM



# EVERYBODY'S DOING IT!

ALTHOUGH IT'S NOT ALWAYS A GOOD THING TO DO THINGS JUST BECAUSE OTHERS ARE, OUR PAST RECORDS SHOW THAT CROSS COUNTRY IS A SPORT FOR ALL TYPES OF INDIVIDUALS!

OUR STUDENTS HAVE BEEN INVOLVED:  
MUN, ASB, BAND, ORCHESTRA  
C-HIGH TV, NEWS STAFF, YEARBOOK  
DRAMA, BASKETBALL, SOCCER  
WRESTLING, BOYS VOLLEYBALL  
BOYS TENNIS, GIRLS WATERPOLO  
BADMINTON, SOFTBALL, BASEBALL  
MANY CLUB OFFICERS!!

OUR STUDENTS HAVE ALSO BEEN VERY NOTICEABLE AND RECOGNIZED ON CAMPUS IN THE PAST YEARS!!!

VALEDICTORIANS  
ASB OFFICERS (INC. ASB PRESIDENT)  
CLUB PRESIDENTS AND OFFICERS  
ESCUDO DE ORO/PREMIO DE ORO  
ATHLETES & STUDENTS OF THE MONTH  
ATHLETE OF THE YEAR  
HOMECOMING QUEEN & PRINCESSES  
PROM & SADI'S COURTS  
DISTINGUISHED YOUNG WOMAN

OUR MOTIVATED ATHLETES ARE HIGHLY INVOLVED AND SUCCESSFUL AT THE SCHOOL AND ARE VERY WELL KNOWN!

# MEET NEW PEOPLE THIS SCHOOL YEAR

WHETHER YOU ARE A FRESHMAN OR NOT, CROSS COUNTRY ALLOWS YOU TO MEET A VARIETY OF PEOPLE INVOLVED IN VARIOUS ASPECTS OF CAMPUS. THERE IS NOT ONE TYPE OF CROSS COUNTRY ATHLETE, THUS YOU CAN ALWAYS FIND INDIVIDUALS WHO ARE MORE LIKE YOU!

FRESHMAN FIND THAT MEETING PEOPLE BEFORE SCHOOL STARTS REALLY BENEFITS THEM WHEN THE YEAR BEGINS AS THEY ARE ABLE TO ADJUST TO HIGH SCHOOL BETTER THAN MANY OTHER STUDENTS.

DON'T MISS OUT ON THIS OPPORTUNITY TO GET OUT AND MEET PEOPLE!

# EVEN IF YOU DON'T LIKE TO RUN

EVEN IF YOU DON'T CONSIDER RUNNING TO BE YOUR THING, CROSS COUNTRY CAN STILL BE THE SPORT FOR YOU!!



MANY ATHLETES DECIDE NOT TO COME BECAUSE THEY SAY THEY DON'T LIKE TO RUN OR DON'T THINK THEY CAN DO IT, HOWEVER, ATHLETES OF MANY SKILL LEVELS JOIN AND MANY OF THEM END UP ENJOYING THE SPORT AND ARE HAPPY THAT THEY STAYED!

WHY ELSE WOULD WE HAVE 153 ATHLETES ON THE TEAM LAST YEAR?



# WE'RE FUN

# WHY JOIN CROSS COUNTRY?

# THE FINAL THOUGHTS

SO YOU SAY YOU DON'T LIKE TO RUN? WELL, CROSS COUNTRY IS NOT ALL ABOUT RUNNING ...

ONE OF THE REASONS PEOPLE STICK AROUND IS BECAUSE OF THE MANY SOCIAL EVENTS CROSS COUNTRY HAS TO OFFER THROUGHOUT THE YEAR ...

SUMMER BREAKFAST  
CARBOLOADING DINNERS  
TEAM POTLUCKS  
SUMMER/SPRING BONFIRES  
VARIOUS GAMES/ACTIVITIES



PAST EVENTS INCLUDE:  
BOWLING, LASER TAGGING  
PAINTBALLING, THEME PARKS  
MINIATURE GOLFING AND MORE!!!

OTHER EVENTS THAT INCLUDE VARSITY ATHLETES AND ADDITIONAL FEES ...

MAMMOTH CAMP (VARIOUS)  
VARSITY ISOCAMP  
HAWAII/OREGON (VARSITY/JV)  
CLOVIS INVITATIONAL (VARSITY)

# UPCOMING DATES

## SUMMER KICKOFF BONFIRE

FRIDAY, JULY 11, 2014

1PM - 9:00PM

BOLSA CHICA STATE BEACH  
MEET NEW PEOPLE!!!

## PRACTICES (SUMMER)

STARTING JULY 7, 2014

MONDAY - FRIDAY, 6:15AM

BACK OF 183RD PARKING LOT

VISIT OUR WEBSITE AT [CERRITOSXC.COM](http://CERRITOSXC.COM)  
FOR MORE INFORMATION  
DOCS/INFO --> INCOMING ATHLETES

COME JOIN US FOR A SEASON OF FUN. ALTHOUGH YOU MISSED THE SUMMER, THERE ARE MANY MORE EVENTS STILL TO COME THIS SEASON AND YOU WON'T WANT TO MISS BEING APART OF THE FUN! DON'T DELAY, SIGN UP TODAY!

## ALL SKILL LEVELS

CROSS COUNTRY ACCEPTS ATHLETES OF ALL SKILL LEVELS! WHETHER YOU CAN RUN A MILE IN FIVE MINUTES OR FIFTEEN, YOU CAN STILL COME OUT AND GIVE IT A TRY! JUST KEEP WORKING HARD AND YOU WILL SEE THE IMPROVEMENT!!!

## THE OHANA SPIRIT

THE TEAM THRIVES ON BONDING AND IF YOU MAKE AN EFFORT TO MEET OTHERS, YOU WILL FIND YOU'LL HAVE A WONDERFUL AND DEDICATED FAMILY BY YOUR SIDE AT ALL TIMES!!!

## NO BENCHWARMERS

RUNNERS OF ALL ABILITIES GET TO RACE IN ALL THE TEAM RACES! ATHLETES WILL GET TO DISPLAY THE RESULT OF THEIR HARDWORK AT EVERY MEET AND INVITATIONAL.

## TEAM SUCCESS & SUPPORT

WITH A TEAM THAT HAS FOUND MUCH SUCCESS IT'S EASY TO FOCUS ON JUST THE TOP ATHLETES, HOWEVER, DESPITE OUR SUCCESS, THE TEAM DOES ITS BEST TO CHEER FOR THE FIRST ATHLETE AND THE LAST ATHLETE!

# 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. PURCHASE AN ASB CARD OR PACKAGE.
5. ATTEND THE PARENT MEETING ON JUNE 16 AT 7:00PM IN ROOM 504 AT CERRITOS HS.
6. PICK UP OR DOWNLOAD A SEASON FORM PACKET ([WWW.CERRITOSXC.COM](http://WWW.CERRITOSXC.COM)).\*\*
7. SELECT YOUR OPTIONS AND COMPLETE THE STATEMENT OF ACKNOWLEDGEMENT.\*\*\*
8. MAKE SURE YOU HAVE APPROPRIATE RUNNING SHOES, SHORTS, T-SHIRT, TOWEL AND WATER.
9. ARRIVE AT PRACTICE IN THE 183<sup>RD</sup> PARKING LOT AT 6:15AM (M-F) FROM JULY 7.
10. ATTEND VARIOUS EVENTS INCLUDING POTLUCKS, CARBO-LOADING DINNERS AND CAMPS.
11. HAVE FUN AND ENJOY.

\* PHYSICAL PACKET INCLUDES PHYSICAL & INSURANCE FORMS, FIELD TRIP FORM, THREE (3) BLUE CARDS, AND CIF WAIVER.

\*\* PLEASE E-MAIL COACH WATANABE FOR ACCESS TO PRIVATE SECTIONS OF THE WEBSITE: [WUTANABE5@AOL.COM](mailto:WUTANABE5@AOL.COM).

\*\*\* OPTIONS INCLUDE A DONATION OR PAY FOR ADDITIONAL EVENTS & ACTIVITIES.

# 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





# CERRITOS CROSS COUNTRY

## PRESEASON CHECKLIST

- \_\_\_\_\_ Physical Packet [Activities 7/7/14]
- \_\_\_\_\_ Blue Cards [Summer Stamp 7/7/14]
- \_\_\_\_\_ ASB Card [Activities 8/28/14]
- \_\_\_\_\_ Athletic Clearance [Activities 7/7/14]
- \_\_\_\_\_ 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

- \_\_\_\_\_ Deposit/Registration
- \_\_\_\_\_ Payment #2
- \_\_\_\_\_ Payment #3
- \_\_\_\_\_ 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.**

**MEETING FORMS/INFORMATION – [HTTP://CERRITOSXC.WEEBLY.COM/ORIENTATION.HTML](http://CERRITOSXC.WEEBLY.COM/ORIENTATION.HTML)**

### *See what's inside this packet ...*

Signup Form  
Introduction  
Rules and Regulations  
Schedule and Calendar  
Budget  
History (Online)  
Fundraising Forms (Online)  
Race Forms

### *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 determines 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!



## 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

**Patrick Walker**  
Principal

**Todd Denhart**  
**Rob Adams**

Athletic Director

**Jason Watanabe**  
Head Coach

**Damon Gohata**  
**Allison Koizumi**  
**Jonathan Nagayama**  
**Marcus Chinen**  
Assistant Coach

**Alyssa Movchan**  
**Chase Johnson**  
Captains

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

\_\_\_\_\_ **OPTION #1 - Team Donation (HIGHLY RECOMMENDED) [\$240/\$200]**

- 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 [\$150]**

- 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 one meet (Suburban League Cluster #2) 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 \_\_\_\_\_



Updated 5.14.14

<div style="border: 1px solid black; width: 100%; height: 100%;"></div>			
<b>Name</b>		<b>Grade</b>	
<b>Last Quarter GPA</b>		<b>6-Digit ID</b>	<b>Date of Birth</b>
<b>Address</b>			
		<b>City/Zip Code</b>	
<b>Phone</b>	<b>Cell Phone</b>		
<b>E-mail</b>			
<b># of Season in XC/Track</b>		<b>T-Shirt Size</b>	<b>Level (VAR, JV, FS)</b>
<b>Would you be interested in attending the Mammoth Camp?</b>		YES NO MAYBE	<b>Referred By</b>

Fundraising and Miscellaneous Forms (Coach Use Only)		
<b>Physical &amp; Blue Cards</b>		
<b>Donation</b>		
<b>Jersey Information</b>		
<b>T-Shirt</b>		
<b>Additional Meets/Trips</b>		
<b>Miscellaneous</b>		
<b>NOTES</b>		

Equipment (Coach Use Only)		
<b>Singlet (\$40)</b>	<b>OUT</b>	<b>IN</b>
<b>Shorts (\$35)</b>	<b>OUT</b>	<b>IN</b>
<b>Shirt (\$20)</b>	<b>OUT</b>	
<b>OTHER</b>		

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

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

# CERRITOS HIGH SCHOOL CROSS COUNTRY

## STATEMENT OF ACKNOWLEDGEMENT

### Tryouts

The coaching staff will cap the roster at an appropriate number of athletes based on the logistics of running the program. Cuts will be made based off of attendance, effort, attitude, and performance. The coaching staff reserves the right to remove an athlete from the roster based on the above factors at any point including athletes who may risk the health and safety of fellow athletes or themselves. Athletes who do not attend the summer training program will be allowed a tryout, however, the fitness of the athlete at the time of the tryout will be considered.

### Attendance

Athletes must submit a note 24-hours in advance to receive an excused absence for a practice and at least one week prior to a race. If a student is absent or leaves school early and is cleared by the school, the student may have 24-hours AFTER the practice to submit a note. Unless otherwise instructed or agreed upon, injured athletes must attend all practices and races. Multiple illnesses or injuries may require a clearance note from a doctor, as request by the coaching staff. Athletes who receive an unexcused absence may be subject to being disallowed to compete in the next competition and will be subject to the grade deduction due to that absence at the discretion of the coaching staff. The removal will count as a meet absence. Please note the other restrictions as discussed in the Cerritos Cross Country rules and regulations packet.

### Grading (September to November)

-1%	Excused Absences (>1 Week) (Practice)	-10%	Add.Excused Absence (Race)
-2%	Unexcused Absence (Practice)	-10%	1st Unexcused Absence (Race)
-5%	1st/2nd Excused Absence (Race)	-15%	Add. Unexcused Absence (Race)

### Behavior/Citizenship/Attitude/Sportsmanship/Effort

An athlete will also be evaluated on their performance in behavior, citizenship, attitude, sportsmanship, and effort which will comprise 30% of an athletes' grade. Athletes will be evaluated at the discretion of the coaching staff. Athletes who drop after September 8th may receive a failing grade at the discretion of the coaching staff.

### T-Shirt/Jersey

Athletes will receive a t-shirt that they will wear on the day of a meet. Athletes who lose the shirt must pay a \$15 replacement fee if lost (subject to availability). New athletes will purchase their jersey through their team donations.\* Athletes who lose or have lost their jersey may replace their jersey at a cost of (\$70). Please write your name on the tags of the t-shirt, jersey and shorts.

### Obligations/Fundraising

Athletes should refer to the finance option sheet for the team in order to see the costs for various aspect of running the program. In addition, athletes who attend the additional events including isoCAMP, Mammoth Camp, the Iolani Invitational, and CIF (optional activities) will be subject to additional fees. Athletes who participate in the program longer than three (3) days will be subject to the summer camp program fee. Athletes will not be released to another sport until their obligations have been taken care of. Athletes who do not make the team donation will participate in an advertisement fundraiser. All checks payable to Cerritos Cross Country. Checks written in the summer should be dated 8/28/14. Payments for summer camps should be paid in cash or money order.

	<u>Total Due</u>	<u>Payment #1</u>	<u>Payment #2</u>	<u>Payment #3</u>	<u>Increases*</u>
Team Donation (New)	\$240	\$140 – 7/11	\$100 – 11/6		\$25/50 (11/6)
Team Donation (Return)	\$200	\$125 - 7/11	\$75 – 11/6		\$25/50 (11/6)
Individual Plan	<b>SEE FINANCE OPTION SHEET FOR MORE INFORMATION</b>				
Mammoth Camp (New)	\$550	\$275 - ASAP	\$275 – 8/1		See Forms
Mammoth Camp	\$550	\$400 - ASAP	\$125 - 7/20		See Forms
Hawaii (Early Bird)	TBA	\$400 - ASAP	TBD – 8/31	\$300 - FUND 9/1	\$25 (10/1)
Oregon (Late)	TBA	\$400 - ASAP	TBD – 8/31	\$300 - FUND 9/1	\$25 (10/1)

### Safety/Health

At all times, athletes must ensure that their safety and health is ensured. Athletes must maintain a healthy well-balanced diet including consistent hydration with water and/or sports drink. Athletes must also warm up and cool down properly. Finally, athletes must follow the rules of the road and the law as outlined in city, state, and national law, as well as the suggestions in the Cerritos Cross Country rules and regulations. By signing below, I understand the rules, regulations, and points listed above and in the Cerritos Cross Country rules and regulations packet and agree to abide to them accordingly.

Athletes Name/Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Name/Signature \_\_\_\_\_ Date \_\_\_\_\_