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CERRITOS CROSS COUNTRY

THE INSIDER

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Lighting the Torch for 2018

¤ THE DONS SYMBOLICALLY START THE SEASON BY LIGHTING THE TORCH FOR THE 2018 SEASON AS THEY HEAD INTO THE NEW 605 LEAGUE.

CERRITOS, CA - There was a lot going on during the second week of the season with group runs, Castlewood, Central Park, Glavinich and bonfire and this began the process of lighting the torch for the new season. With athletes beginning to know one another, athletes are starting to become a true ohana. As the summer progresses and the first season in the new 605 league will begin, the Dons should look hopefully towards a season that could be one of their most successful. While there is some improvements to be made, the Dons have showed flashes of what could be in 2018 if they put enough time and effort into creating their own legacy in this program. Only time will tell what is in store for the team this year, but there is no doubt that there is good headin their way.

Mammoth Camp 2018

Mammoth Camp is often one of the most memorable weeks of the season! Not only will you improve your performances due to the increased difficulty of workouts, you will get to know your teammates a lot better through bonding time, team activities and competitions, and learn more about running and the different components of the sport. Athletes who are interested should contact Coach Watanabe ASAP to be sure that you secure your spot.

Paperwork for athletes already registered for the camp should be up by the end of the week so that you can fill out all of your clearance forms for the camp!

Iolani Invitational (Hawaii)

Confirmations and petitions for Hawaii are due this WEDNESDAY for regular pricing. Qualifying marks, Mammoth Camp, summer time trial marks and dedication/effort will play a role in the selection process. Applications are open to all athletes, however, please note that all applications will not be accepted. Please be sure to get that in by THURSDAY!

Camp Packets, Signups and Applications

Please note that this year, the packets, signups and applications are available online! Athletes must beging to download this information and submit it ASAP! Signups and paperwork for Mammoth will be open until Monday (7/30). Parents interested in driving, as well as all other counselors, must submit their paperwork ASAP and no later than August 1!

Physicals, Blue Cards, Fees, Forms

All physicals need to be completed ASAP! If you are unable to contact your physican soon, you can get a $15 physical at Iwaki Chiropractic (865-0569) in Artesia. Also, following the completion of the physical, athletes should turn in their STAMPED yellow or blue cards (must make appointment to get the card stamped by the office) and donations into Coach Watanabe. All forms and information from the parent meeting are available online at: http://cerritosxc.weebly.com/orientation.html. Receipt forms are also available on this site and should be submitted with every payment so that you have a record of your payments to the team throughout the season.

Getting the Right Shoes

Shoes are one of the most important ways of staying injury free during cross country! As stated in the parent packet, it is encouraged that athletes to go Roadrunner Sports to get their shoes, as they provide a good fit for your feet and style of running, however, you could pick up at least a lower end pair at Sportsmart or Big 5. It is worth the money to buy a pair at Roadrunners, but if you have a tighter budget, any running shoe will do. Please ask Coach Watanabe for more details.

Injured? Let Someone Know!

If you feel INJURED, be sure to let a captain or coach know ASAP. It is often normal to feel SORE in the quads and hamstrings from starting to run, but sharp pain in the knees, hips or shins should be reported. Often times it is wise to soak in hot water and massage out the tight muscles and then stretch well. Also, icing helps speed the process of recovery. Taking care of your body daily is an important aspect of staying healthy through the season!

Upcoming Events

TODAY	Stamped Blue Card
ASAP	Mammoth Paperwork
	Sign Ups Due
07/24	La Mirada Temp, 4:30p
	[No Group Meal After]
07/26	Gahr Two Mile, 5pm
	Mammoth Deadline
	Hawaii Deadline
07/28	Clark Park, 7a
07/31	Irvine Temp, 4:30p

Highlights

Summer Athletes of the Week

Rachel Chu
Kevin Hamakawa
Zachary Huang
Kyli Joe
Evaristo Mateo
Naman Satish
Sofia Vasquez

Freeze Frames

Siblings

Central

Kick

Quotable Corner

"Don't let others put thoughts into your mind that takes away your self-confidence."

- Katori Hall

Contact Information
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