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CERRITOS CROSS COUNTRY

THE INSIDER

July 25, 2011
Volume IX Issue 3

Dons Capture Progress During the Week

¤ CAPTURE THE FLAG IS JUST PART OF A WEEK OF A FAIRLY LIGHT EVENT SCHEDULE ALLOWING THE DONS TO PREP FOR THE WEEK AHEAD.

CERRITOS,CA - There was a little waves made during a fairly routine training week, however, the Dons appeared to continue their progress during a week of firsts.

The week included the first week to Turtle Rock Road, home of the Irvine tempo, where the Dons challenged the hills over the course of five to seven miles. The week also marked the first trip to La Mirada, where the Dons worked the Biola course and suicide hill to prepare for league. It was also the first team hill workout at Brookhaven Park, where the Dons prepped for the hill courses they will face over the course of the season. They also had their first scavenger hunt of the season and while there is normally only one, it turned out to be quite the success.

The Dons also drew their condo themes for this year's Mammoth Camp. The theme this year is Animal Kingdom and the Dons found out which theme each condo would fufill during the week in Mammoth.

Black - Forest, Red - Jungle
White - Sea/Air, Yellow - Desert/Arctic
Gray - City/Farm

Each condo can fit their theme according to their overall theme, thus, as an example, the white team could do a bird theme or the desert team could do a camel theme. Regardless, the themes must relate to the animal kingdom in some way! Also, if you missed turning in your paperwork, do not forget to bring it Monday morning!

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 for camps are coming to a close quickly if you are interested! Also, Mammoth paperwork is due NO LATER THAN July 25! Parents interested in driving must submit their paperwork ASAP and no later than July 25!

Gahr Two Mile Series

The Dons will compete in two Gahr Two Mile Series this season with the first one being on Thurdsay, July 28. Athletes who chose option #1 for the season will not be responsible for the race fees, as they will be covered by the program. Athletes will meet at GAHR HIGH SCHOOL on Thursday at 4:30-4:45pm with their SIGNED WAIVER FORMS available online near the newsletter and also on the event page. The races will begin at 6pm and will be grouped by grade level. Athletes are expected to arrive on time so that registration and warmup can be completed on time. Athletes are expected to get their own rides to and from the race.

6:00p - Jr/Sr/Open Boys
6:20p - Jr/Sr/Open Girls
6:45p - Fr/So/Youth Boys
7:05p - Fr/So/Youth Girls

If you have an EXCUSED reason not to attend the Gahr Two Mile, please show up at 6:15am on Thursday for the makeup time trial. If you are attending Gahr Two Mile, you do NOT need to show up for morning practice. A/A- will meet for their two-a-day workout.

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. Links to video to strengthen weak areas or do preventative work is posted online!

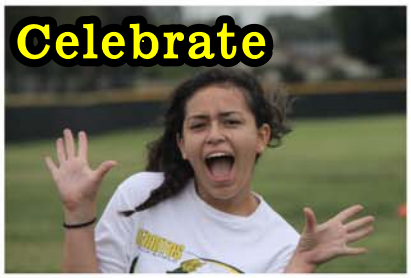
Upcoming Events

TODAY	Summer Blue Card
07/26	National JO T&F Championships, Kansas
07/28	Gahr Two Mile, 4:45p Races Begin at 6pm
07/29	CXC Bowling, Noon
07/30	Glavinich Hill, 7am Sign Up by Thursday
08/07	Mammoth Camp

Highlights

Summer Athletes of the Week
Brianna Bocanegra
Arthur Caliz
Kent Chen
Raymond Lim
Caroline Luu
Shrineel Patel
Lorena Pedroza
Mike Tran
Bobby Yagake

Freeze Frames



Quotable Corner

"You only live once, but if you do it right, once is enough."
- Mae West

Don't allow yourself to miss out on opportunities that will help you progress knowing that you did not miss out on something great.

Contact Information
Coach Jason Watanabe
wutanabe5@aol.com
562-397-0867

CERRITOS DISTANCE: THE FLIP SIDE

Cross Country Camp & Trip Information

Mammoth Camp

The camp will be held from August 7-13, 2011 in beautiful Mammoth Lakes, Ca. See why Mammoth is the highlight for many of the athletes. The camp is now full. Camp paperwork packets are available online this year! Please download it ASAP and submit by 7/25! You will be informed and refunded if you did not fulfill the requirements to attend this year's camp.

Three Course Challenge

Athletes who have qualified for the Three Course Challenge are listed online. Athletes should submit their $100 reservation fee by Thursday 7/28 which will be credited towards the final amount due. The total will be $350. The athletes should begin fundraising their portion of the fee.

Cross Country 2011-2012

If you know of any athletes who want to join for the cross country season, please pick up a packet for them ASAP! Remember, you receive $10 fundraising credit for athletes who remain for the entire season and pay their fees. If we need to reduce the size of our team, your attendance and effort will be used in our evaluation to decide who makes the final team. We will be limited to approximately 150 athletes.

Important Dates
Gahr Two Mile, 4:45pm (Gahr HS)
CXC Bowling, Noon (Cerritos Lanes)
Glavinich Hill, 7am (Meet at CHS)

Varsity athletes will show up for both the morning and afternoon workouts. The morning workout will be a short run and weights, while the afternoon workout will consist of hill workouts or other workouts requiring travel. Some weeks may have cancelled workouts.

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 blue cards and fees into Coach Watanabe. You will also need to submit your forms from the TEAM PACKET handed out at the parent meeting.The blue card will be submitted to the office ASAP and will be stamped "SUMMER."

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.

Qualifying Standards
I. Standard A Times
II. Academic (3.0) or Improvement
III. Citizenship
IV. Mammoth Camp
V. Fundraising ($100)
VI. Community Service/Volunteer

*** A minimum of one time must be from track.**
** Petitions will be accepted.

Bose Amosun (Q)
Benjamin Batres (Q-PGPA)
Jonathan Carranza (Q)
Arthur Caliz(Q)
Connie Caliz(Q)
Ian Chiang (Q)
Isis Christopher (Q)
Audrey Lee (Q)
Raymond Lim (Q)
Athalia Magana (Q)
Shrineel Patel (Q)
Joshua Quarles (Q)
Erika Resultay (Q)
Andrew Shen (Q)(R/350PD)
Ganesh Tilve (Q)
Mike Tran (Q)
Tim Vongphanichith(Q)

Mark Aguirre (SI)
Brianna Bocanegra (SI)
Clarissa Carcamo (SI)
Natalie Cortez (SI)
Brandon Hojo (SI)
Kelvin Huang (SI)
Aprille Hwang (SI)
Danielle Joslin (SI)
Jessica Kim (SI)
Frank Lee (SI)
Caroline Luu (SI)
Amanda Shimoda (SI)
Joshua Suh (SI)
Keilani Trias (SI)

Additional special invitations will be provided no later than July 29 based on a number of factors including performance during the summer. Dedication to the program is a key element to receive a special invitation.

Cerritos Cross Country Clothing
Did you miss out on the clothing sale last season? If so, you're in luck! The clothing sale will return as highlighter sweaters, sweats, and clothing order will be taken FRIDAY!!!!! Also, clothing will be available on hand for athletes interested in purchasing older t-shirts that may be dated for a low price! Don't miss out on the opportunity to pick up old-style CXC clothing!

Gahr Two Mile Make & A/A- Practice
Athletes who have a CONFLICT with the race schedule for Gahr MUST submit a note or send an e-mail 24-hours in advance of Gahr and will be attending the 6:15am time trial on Thursday. The top five athletes in each age group will receive medals. Athletes are responsible for their own rides to Gahr High School.
A/A- will show up at 6:15am to complete a quick three mile running Thursday morning in addition to the afternoon race.

Upcoming Activities
The Dons have a number of events coming up over the next few weeks including bowling, ice skating, scavenger hunts and other fun events. Don't miss out on the opportunities to be apart of the ohana. The only way you really can become a part of this ohana is if you make the time to meet all the people within it! In addition, adoptions will be taking place STARTING this week! If you wish to adopt a newcomer, please let me know ASAP!

THE INSIDER

THE COLUMN "PREVENTION"

THE COLUMN: PREVENTION

What can I do to prevent injuries?
Some may ask, what is better than recovering from an injury,the answer, never getting injured at all. While sometimes, injuries are difficult to prevent, sometimes, all it takes is a little time and attention to avoid the injury you never want to have.

EQUIPMENT - Much like a football player would never play without pads and a baseball player without a mit. a runner, does not want to practice and compete without the right equipment. "Equipment?" you ask. While somay say there is other equipment, the main piece of equipment that a runner has is his or her shoes. Having the proper shoes is one of the keys to staying healthy and striding right. Athletes have different arches and each will impact the way a runner strides, where the pressure is in the foot, and how much flexibility a runner has in the their arch and ankles. While many other factors come into play, having shoes that support your particular style of running, as well as foot type, could help prevent injuries throughout the lower body including the arches, shins, knees, hips and lower back.

STRENGTHENING - Strengthening problem areas or potential problem areas is just as important as having the right shoe. Spending time in the weight room working on balancing muscles such as the hamstrings versus the quadriceps, can do wonders for the health of an athlete, as well as provide much needed strength. Alphabets can do similar for the shins (straight-legged ABCs) and also strengthen the muscle around the knees (bent-legged ABCs). In addition, core, lower back and knee work can help provided insurance in the mid-body area. Doing all the workouts in the weight room will help insure good muscle balance.

DAILY MAINTENANCE - Your body is like a car in that it must be maintained regularly. Unlike a car, however, daily maintenance is highly suggested, if not required, to stay healthy. Hydrating, eating right, stretching, massaging and icing daily are all keys in staying healthy. If you forget to stretch or massage out, you may find yourself with tight muscles that could lead to shin splints or a tight IT band. Not eating healthy or hydrating could lead to the breakdown of the body and inability to recover as quickly, leaving the body open to the risk of injury.

Overall, health is one of the key factors in finding success, however, resting when you are injured does not do much if you fail to do something to prevent it from happening again. See a coach to see what more you can do!

Website Information
www.cerritosxc.com
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