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CERRITOS CROSS COUNTRY

THE INSIDER

August 1, 2011
Volume IX Issue 4

A Group of 47 Dons Show Improvements

¤ FORTY SEVEN DONS IMPROVE SINCE THE LAST TIME TRIAL AND 26 SHOWED IMPROVEMENTS SINCE LAST YEAR'S FIRST GAHR TWO MILE RUN.

CERRITOS,CA - In a week full of bowling, hill climbing, and a Gahr Two Mile, the Dons showed signs of progress as forty seven Dons improved from the time trial two weeks earlier. While both the boys and the girls group know that they still have much progress to make, they stepped off the Gahr Two Mile course knowing that they are headed in the right direction.

It was a great day for the alumni as Thien-Nam To and Jessica Sunio took home second place medals, while Melody Lim was the third fastest alumni. Joshua Quarles was the only high school medalist in third in the sophomore division in a time of 11:02, the fastest sophomore time at the Gahr Two Mile for in Cerritos history.

On the list of improvements, six improved by over one minute including Eunice Hong (3:12), Ronnie Davis (1:51), Christian Cortez (1:23), Dennis Pungdumri (1:16), Maritza Huizar (1:15), and Amanda Shimoda (1:09). Since last year's first Gahr Two Mile, ten athletes improved by over a minute including Kevin Chang (2:23), Mitchell Lin (2:15), Shrineel Patel (2:13), Jonathan Carranza (1:56), Benjamin Batres (1:49), Jasmine Armas (1:42), Vincent Chao (1:23), Bose Amosun (1:20), Isaac Kim (1:04), and Kent Chen (1:02).

It was an exceptional day for the Dons who hope that this success will not stop here as they have one more week of solid training before heading to the mountains of Mammoth Lakes. Athletes who are not attending the camp should be aware that there is NO practice next week, however, to ensure that the training you have completed over the last week does not go to waste, these athletes should following the training schedule provided within this newsletter so that you can be right in stride with the rest of the team when they return from their Mammoth trip! Great job Dons and best of luck in the week ahead!

National Jr. Olympics T&F Championships

WICHITA, KS - Andrew Shen and Jessica Sunio traveled to Wichita, Kansas to compete in the USATF National Junior Olympic Track & Field Championships. Needing to battle the 90 degree temperatures (which rose to as high as 108 while in Wichita), the two athletes push their limits during the 2000m Steeplechase race. In the end, Jessica Sunio (Region 15 Runner-up) finished in 10th place in 8:24, while Andrew Shen (Region 15 Champion) finished 12th in his heat in 7:32. Both athletes had the opportunity to compete against a field representing various states of the United States who traveled from all over the country to attend. Please wish them a big congratulations for representing our school in a big way!

Other qualifiers of the meet who did not attend included Jennifer Park (3000m) and the 4x800m team of Andrew Shen, Ian Chiang, Patrick Luu, and Derek Tu.

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
08/02	Castlewood Trail, 4:45p
08/04	Clark Park, 4:45p
08/06	Cerritos Regional, 7a Cow Run Course Meet at Cerritos HS
08/07-14	Mammoth Camp
08/25	Gahr Two Mile #3
08/29	PM Practices Begin, 3p

Highlights

Summer Athletes of the Week

Jasmine Armas
Clarissa Carcamo
Kevin Chang
Christian Cortez
Ronni Davis
Eunice Hong
Markus Lavadores
Erika Resultay
Andrew Shen

Freeze Frames

They're Off

Nice Catch

Jog

Bowl

Quotable Corner

"Life is a big canvas, and you should throw all the paint on it you can."
- Danny Kaye

Sometimes you have to go about life taking risks, not knowing what you may create in the end. Go in with a plan, but be willing to make alterations.

Contact Information
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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 Tuesday 8/2 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
8/2 - Castlewood Trail, 4:45pm (Meet at CHS)
8/4 - Clark Park, 4:45pm (Meet at CHS)
8/6 - Regional Park, 7am (Meet at Regional)

Space is limited for these events so please sign up today! If your parent can provide a ride, please let me know and we will make the proper arrangements!!

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 (R/350PD)
Raymond Lim (C)
Athalia Magana (C)
Shrineel Patel (Q)
Joshua Quarles (Q)
Erika Resultay (Q)
Andrew Shen(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)
Keilani Trias (SI)

Additional special invitations will be provided no later than August 2 based on a number of factors including performance during the summer. Dedication to the program is a key element to receive a special invitation.

If you have received a "SI" (Special Invitation), you must fill out a petition with your application! Please read the application clearly and answer the questions that refer to the area that you are missing.

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 AFTER MAMMOTH!!! 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!

Lost & Found
Missing an item from this summer or from season of past? Please come by the car and check Monday and Tuesday to see if your item is still in the lost and found. All items will be donated if not claimed! Please do not lose your items forever!!! Come out and claim them today!!!

Upcoming Activities
The Dons have a number of events coming up over the next few weeks including ice skating, bike riding 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 "HILL TRAINING"

THE COLUMN: HILL TRAINING

What is the importance of hill training for a cross country athlete?

Many of the championships courses are run on hill courses including league courses, CIF-SS, and the State Championships. In order to prepare for these important races, running on hills and spending time in the weight room are very important!

PRACTICE MAKES PERFECT - First, proper form and technique are important to running well on the hills. By practicing, athletes can learn how to deal with the more difficult terrain of the hills and how to counter the mental strains that come along with a hill. However, many athletes may think that the only mental challenge of hills come on the uphill. These athletes would be mistaken as many athletes are afraid of going too fast downhill! While we try to avoid practicing a full downhill stride on the overpasses in practice mainly due to the pounding, athletes will have opportunities to practice this form n a simulated environment to ensure proper form.

THE MENTAL GAME - Taking on a hill is much like going through a haunted maze. Some parts may be scarier than others, but if you can focus yourself and eliminate most of that fear, you won't find as many problems along the way. Mentally, one of the best ways an athlete can train themselves to deal with difficult terrain such as resevoir at Mt. SAC is to prepare themselves in practices and races that precede the big invitationals.

STRENGTH & FLEXIBILITY - In previous newsletters, it already discusses the importance of strength. In the hills, it is even more important, as you will use many of the muscles that you can build in the weight room from your calves, to your quads, hamstrings, core, and shoulders. However, flexibility is also important in having muscles that can stay relaxed and can help the body flow naturally. Thus, stretching and massaging area also good keys in helping your body better handle hills.

AVOID OVERSTRIDING - While you want to open up your stride on the downhill, also do your best to avoid overstriding on the downhill. Try not to land with a straight leg as you head down the hill, rather, land with a slightly bent leg to allow for the body to absorb much of the impact. Practicing this, will allow for you to make the proper adjustments.

Knowing the proper technique is great, but practicing the proper technique is even better. During the next hill workout, focus on your form just as much as you focus on simply completing the workout, as doing it right is the most important thing.

Website Information
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mustardb