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CERRITOS CROSS COUNTRY

THE INSIDER

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Dons Unleash the Beast in Mammoth

¤ DONS FIND THEMSELVES AFTER A TOUGH WEEK IN THE MOUNTAINS OF MAMMOTH LAKES WHICH ALLOWED THEM TO UNLEASH THEIR OWN BEASTS.

MAMMOTH LAKES, CA - The climax of the week came when the Dons visited the 10,000 foot elevation mark of Laurel Lakes where they ventured up 3,000 feet across 4.5 miles (one way) or nine miles round trip during their run/hike known as the Ascent. The adventure tested the Dons who dared to venture to that point and rewarded them this year with the snow that remained from this year's high level of snow. This run, however, was not the only run that tested the Dons as workouts such as Eagle's Landing, which included a number of repeats for the group proved to be one that the athletes felt was torturous, yet helpful to their training regiment. The crater, once again, allowed for the Dons to work on their speed, while other runs such as Convict Lake had the athletes enjoying the beautiful place known as Mammoth Lakes.

The Dons entered the week with a fairly new group of athletes not knowing what the week would hold for them and emerged with a group willing to visit the edge and go beyond the limitations they initially had in order to unleash the beast they lay within each one of them.

Despite having some lows during the week, ultimately, the Dons came together to produce one of the best weeks that has come out of a Mammoth Camp. The Dons manage to unify themselves and make an effort to bring pride to the pack of athletes at Cerritos High School, to rise up when faced with a challenge, and to do whatever is necessary to show those that doubt them, that they will rise to levels that others may have thought impossible. For this is what going beyond the edge is all about.

Mammoth ended up being a very successful week and I would like to personally thank each and every person for their efforts during this week including the athletes, alumnis, parents, coaches, and supporters. Without all of your support, the camp would not have been as successful as it was. Great job and keep up the great work Dons!

Run Forrest Run (Black) Rises to Glory During Camp Competitions

MAMMOTH LAKES, CA - It was evident from the start that they black condo was ready for the challenge of Mammoth 2011: Animal Kingdom, as they prepared themselves well and executed plans to perfection. While their theme strayed from the animal theme a bit, their outside of the box thinking allowed them to rise above the other condos. While the Failed Circus (Gray) stood out during camp competitions, they failed to execute an important mission in the video scavenger hunt which left them in last place, despite taking the all important video competition. Surging from behind, the yellow condo used a thrilling victory in tape measure pong to propel themselves to second, edging the white condo who took second earlier in the week with their wonderful performance. The red condo left the stomachs of many uneasy after their epic mealtime, however, they did continue to fight, as they surpassed the gray condo in the end.

Black - 1675 - Yellow - 1518
White - 1495 - Red - 1415 - Gray - 1325

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
08/16	Central Park (HB), 4:45p
08/17	40 Mile Bike Club, 8a
08/18	La Mirada Park, 4:45p
08/20	Signal Hill, 7a
08/24	Potluck @ the Nishis Time & Info TBA
08/25	Gahr Two Mile #3
08/29	PM Practices Begin, 3p

Highlights

Summer Athletes of the Week

RUN FORREST RUN

BLACK CONDO

Freeze Frames

Quotable Corner

"When you reach the top, keep climbing."

- Proverb

Never allow yourself to settle for where you are. Always keep moving forward and upward no matter what gets in your way.

Contact Information
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CERRITOS DISTANCE: THE FLIP SIDE

Cross Country Camp & Trip Information

Mammoth Camp

THANKS FOR A GREAT 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 8/18 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
8/16 - Central Park (HB), 4:45pm
8/17 - 40 Mile Bike Club, 8:00am
8/18 - La Mirada Park, 4:45pm
8/20 - Signal Hill, 7:00am

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

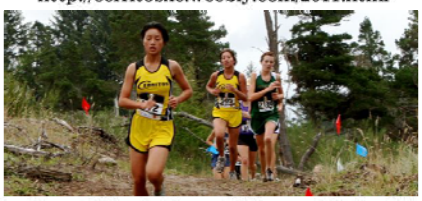
*** A minimum of one time must be from track.**
** Petitions will be accepted.

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)

Please check the website for the most current special invitations as well as the final invitations. Substitutes may be added depending on the number of spots declined.

TO CONFIRM - Return the second half of the invitation form by Thursday at practice OR send an e-mail before 10pm on Thursday!!! Do not delay, as airline tickets must be booked this week. Please ONLY confirm if you are going, as you will be responsible for the cost of an airline ticket if you RSVP!!!

Oregon Link
http://cerritosxc.weebly.com/2011.html



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!!!

Summer Potluck
The Dons will hold their summer potluck at the Nishibayashis on Wednesday, August 24, the day before the final Gahr Two Mile run of the summer, which is also the final time trial. Dons should sign up with Coach Watanabe who will provide further information regarding the event at practice and online!

THE INSIDER

THE COLUMN "PRIDE OF THE PACK"

THE COLUMN: PRIDE OF THE PACK

What should I remember from the clinic on pride of the pack at Mammoth Camp or what should I know about what was discussed?

The strength of a team is only present if the entire team is on the same page. Like a book of matches, if one or two or more of the matches are removed, the easier it is to rip apart the entire book, thus by standing together, the unit can withstand the many difficulties that may be faced along the road of life.

However, the pride of the pack has a lot more to do that simply standing by your teammates, as in order to bring pride to the pack, you must work hard to develop yourself individually and be ready to sacrifice it all for the team. It is a lot easier to say that you will carry through with this, however, than it is actually for one to carry through with doing it. Not only will it require that you put in a lot of hard work and effort, you must then also be selfless in putting even more of yourself on the line in order to help the whole unit improve. If just one or two of the pieces of the unit do not work with the whole, the unit will not function as strong as it could.

Being prideful in the pack is most difficult when many speak up against you or you feel as if you are inadequate against others, however, it is the time where you must have the most pride. Others will simply try to tear you down, as it is their way to stop you from becoming too overpowering. By continuing to work hard together as a group, you will better be able to handle those who underestaimate your abilities, your heart, your desire, and all that you are capable of.

In all you do, you reflect upon your pack and it is up to you to reflect positively on those who you have tested yourself next to every single day. Whether you are feeling that runners' high, it feels just like another day, or you are at an all time low, know that you will need your pack to help you through and to continue to push you through.

Never allow yourself to feel as if you are alone, as your pack will be the one who will help keep you grounded when you find success, who will catapult you when you are struggling, and who will motivate you when things feel mundane.

Let's move from here and be prideful in the pack in which we coexist and let's do whatever we can to ensure that we bring pride back to this pack. It is only when we use others, that we can truly ascend to greater heights and find that there is soemthing beyond the edge that we find ourselves limited by time after time. Keep pushing forward with others in mind and you will find yourself with as much a support as you will ever need in life.

Website Information
www.cerritosxc.com
cerritos
mustardb