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CERRITOS CROSS COUNTRY

THE INSIDER

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Dons Find Dropping Time as Easy as 1-2-3

¤ OVER SIXTY PERCENT OF THE TEAM ARE ABLE TO REDUCE THEIR TIME FROM THEIR PREVIOUS TWO-MILE RACE IN THE FINAL RACE OF THE SUMMER.

CERRITOS, CA - The Gahr two-mile summer series was in its final race of the summer on August 25th and the Dons were determined to race well after a grueling summer of workouts. The top seven boys and girls who ran Gahr #1 all chipped away at their previous marks with only seven missing dropping time off their previous marks.

The boys found their way to the third fastest team time in school history, not far off the times of one of the best squads in school history in 2008, who hold an edge due to a strong frontrunner. While that may be the case, the depth of this team is its true strength and will provide the Dons an opportunity to accomplish great things this season.

The lady Dons were still short a few athletes, however, shaved off a few minutes off their team time from their previous two races this summer. While there is still work to go this summer, the Dons found the light at the end of the tunnel that they were looking for as they head into their fall competition season.

The stories of the day, however, lied in the improvements found the Dons on the day. Improvements were led by Monique Gavilanes (1:44) and Sapan Doshi from TT (1:41). Others including Yi-ling Chao (1:38), Kristy Cheng (1:25), Eunice Hong (1:24), Darren Lee (1:22), Joshua Suh (1:22), Ana Magallanes (1:21), Victoria Hulett (1:20), Nina Ung (1:18), Kyle Tran (1:15), Kevin Tsang (1:07), David Kim (0:58), Athalia Magana (0:57), Natalie Cortez (0:53), Jessica Kim (0:49), Mario Angiano (0:47), and Lance Huang (0:46). The largest improvements from last year's Gahr #3 included Monique Gavilanes (2:58), Darren Lee (2:00), Shrineel Patel (1:51), Jonathan Carranza (1:28), Benjamin Btres (1:28), Jasmine Armas (1:21), Brianna Bocanegra (1:17), Patrick De La Fuente (1:09), Kevin Chang (1:09), Kent Chen (1:03), Danielle Joslin (1:02), Alysza Permalino (1:02), and Victoria Hulett (1:00).

Great job Dons and keep up the great work.

Great Cow Run Volunteers & Donations

The Great Cow Run Volunteer and Donation sheet is posted online under the newsletter section. Every athlete is expected to fill out the form and submit it. We highly encourage each athlete to sign up to volunteer in addition to their normal shifts which are mandatory. Athletes attending the Oregon meet are required to sign up for additional volunteer hours or provide a donation of water, Gatorade, or small snack. We appreciate all of the support and know that this race would not be possible without your support!

A special thanks goes out to our Great Cow Run & Higashi Roman Memorial Run Donators
Silver - Margo Watanabe
Bronze - Tapioca Express, Ted Bjorkquist
General - Jamie Young

If you also would like to donate, please go to the Great Cow Run link at cerritosxc.com and click on the donate tab. Checks will also be accepted at practice payable to Cerritos Cross Country!

Kevin Cook Spirit Run

Athletes who signed up for the Kevin Cook Spirit Run must pay Coach Watanabe $10 by Tuesday, August 30, 2011 whether you are attending or not. You will be required to get a parent signature on the form and return it by Tuesday! You will also be responsible for securing your own ride to the race. Please arrive by 6:30a and allow at least 45 minutes to get to the park. For more information, visit their website at kevincookspiritrun.com.

Kevin Cook was an athlete at Pacific High School and former teammate of Coach Damon Gohata. Kevin Cook passed away in a tragic motorcylce accident and the race is organized in his memory. In addition, the foundation created scholarships provided to student-athletes. Previous recipients included Gina and Kendall.

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
08/29	PM Practices Begin, 3p Roadrunners Trip, 9:15a
09/02	Summer Ending Bonfire Bolsa Chica, 1p-9p
09/03	Kevin Cook Spirit Run Great Park, Irvine, 7:30a Arrive by 6:30a
09/05	Labor Day Practice at 7am

Highlights

Summer Athletes of the Week
Mario Anguiano, Yi-ling Chao
Sapan Doshi, Kaitlyn Gee
Kelvin Huang, Lance Huang
Victoria Hulett, David Lim
Audrey Lee, Athalia Magana
Karishma Patel, Kevin Tsang

Freeze Frames

Quotable Corner

"A winning effort begins with preparation."

- Joe Gibbs

You have done the preparation, now use these next few races to prepare even more to get ready for the big races in November!

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

CERRITOS DISTANCE: THE FLIP SIDE

Cross Country Camp & Trip Information

Payment Deadline

Important payment deadlines are coming up soon and it is very important that you get your donations/payments in on time! If you have yet to submit your payment for Mammoth, you are officially late and must submit that payment ASAP!

September 6 - Option #1 Donation 180/200
September 9 - Oregon Payment

Three Course Challenge

Athletes who have qualified for the Three Course Challenge are listed online. Athletes should submit their $100 reservation fee NOW which will be credited towards the final amount due. The total will be $350. The athletes should begin fundraising their portion of the fee which is a minimum of $75, which will also be subtracted from the total due.

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
8/29 - Roadrunners Trip, 9:15a
9/2 - Freshman Orientation (Need Workers)
9/2 - Summer Ending Bonfire, 1p-9p
9/3 - Kevin Cook Spirit Run
9/5 - Labor Day, Morning Practice 7a

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."

PURCHASE YOUR ASB CARD!!!
PACKAGES BEGIN AT 110
After purchasing a blue card, take your summer stamped blue card in order to get a COMPLETE stamp. You must have the COMPLETE stamp before you can compete this season.

VERY IMPORTANT
IF YOU HAVE NOT RECEIVED YOUR T-DAP SHOT, PLEASE PLAN ON DOING SO ASAP!!! YOU MAY BE WITHDRAWN FROM SCHOOL AND NOT ALLOWED TO COMPETE.

PLEASE CHECK THE FINANCIAL COST SHEET FOR DETAILS ON WHEN PAYMENTS & DONATIONS ARE DUE! IF YOU ARE ATTENDING A TRIP OR YOU HAVE SELECTED OPTION #1, PLEASE NOTE THE DATES THAT YOU MUST SUBMIT PAYMENTS, AS IF YOU WAIT, YOU WILL REACH A HIGHER PAYMENT TIER.

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.

Confirmed List (Boys)
Mark Aguirre ^
Benjamin Batres ^
Jonathan Carranza*
Kent Chen
Ian Chiang*
Brandon Hojo ^
Kelvin Huang ^
Isaac Kim
Raymond Lim*
Mitchell Lin
Shrineel Patel*
Joshua Quarles*
Andrew Shen* (R/350PD)
Ganesh Tilve*
Mike Tran*
Tim Vongphanichith*

Confirmed List (Girls)
Bose Amosun*
Brianna Bocanegra ^
Clarissa Carcamo ^
Isis Christopher*
Natalie Cortez ^
Monique Gavilanes
Aprille Hwang ^
Jennifer Hwang
Jessica Kim ^
Audrey Lee* (R/350PD)
Ana Magallanes
Athalia Magana*
Alyssa Movchan
Alysza Permalino
Erika Resultay*
Amanda Shimoda ^
Keilani Trias ^!

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

Summer Ending Bonfire
The final cross country bonfire of 2011 has arrive and we invite you to join us on Friday, September 2 from 1p to 9p at Bolsa Chica State Beach. Whether you can come the whole day or just part of it, we would like you to come on out and enjoy the sun, the surf, and the food! Sign up with Coach Watanabe today and don't forget to grab some directions. We will be located around the basketball courts.

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.

THE INSIDER

THE COLUMN "BEAT THE HEAT"

THE COLUMN: BEAT THE HEAT

How can I beat the heat and how do I know when I need to back off???

Running in hot weather is difficult and requires that you plan ahead! Drinking plenty of fluids throughout the day (not just right before) is key to staying hydrating and beating the heat! With temperatures that can get into the 90+, athletes must be aware of important factors that can prevent themselves from any bigger issues.

A combination of water and Gatorade will help hydrate the body and replace electrolytes lost in exercise.

Only drinking water right before you run may not help in hydrating your body.

try not to wear heavy clothing such as cotton shirts or sweats. New and improving technical running clothing can help breathe better, allowing the body to adapt to the warmer temperatures.

Find shelter in the shade. While it may not help completely, you should find shade to cool off your body if necessary and take in water if you feel dehydrated.

In your teammates, look for signs that they may need assistance.

Do they look warm/hot but are not sweating? If you notice this, be sure to have them find a cool shady spot, provide them with water, and ask for help if you need it.

If your teammate seems dilusional, cannot support their own weight, or showing thick saliva, get help ASAP. If ice is available, place is on the back of the neck or in the arm pits.

As an athlete, know when you need to push through, but also know when you need to stop. While normal running conditions may ask you to keep pushing, in hot, hot temperatures, you may considering backing off a bit or stay closer to school.

While we quickly will move into the fall, it does not mean that we will be leaving the warmer temperatures that summer has to offer, just that the seasons will be changing. Remember to be smart and be prepared. As it's not only to help your performance, but to protect you from any harm that could come your way due to lack of preparation!! There are many "beat the heat" guides, heat exhaustion and heat stroke information, as well as other safety tips, take some time and download them in order to keep yourself ready for any situation.

Website Information

www.cerritosxc.com
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