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CERRITOS CROSS COUNTRY

THE INSIDER

September 5, 2011
Volume IX Issue 8

Dons Take Strides in the Right Direction

¤ KEVIN COOK SIGNIFIES A GREAT KICKOFF TO THE SEASON FOR THE DONS WHO FOUND THEIR WAY TO A STRONG PERFORMANCE WITH THOSE ON HAND.

CERRITOS, CA - The Dons started off the summer with a smoking hot race at the Kevin Cook Spirit Run on its new course at the Orange County Great Park in Irvine. The orange balloon highlight the course and added the flavor to the course that led to impressive times, despite the lack of speed work by the Dons. Leading the way, Bose Amosun placed third among the junior girls to receive one of Kevin Cook's old trophies, an amazing honor!

Bose's race place her near her PR, which was the case with Moriah Pleasant, Andrew Shen, and Jonathan Carranza, who were all within thirty seconds of that mark already! Of the ten who raced last year and this year, eight surpassed last year's mark, which hopefully is a good sign for this week's meet at the Great Cow Run. Setting New PRs, Audrey Lee (20:37 - 14 seconds), Shrineel Patel (18:49 - 1 minute 19 seconds), and Mitchell Lin (18:30 - 1 minute 58 seconds), blazed past their previous marks, attributed to much of their hard work this season.

The Kevin Cook Spirit Foundation was created in the memory of Kevin Cook, a former student of Pacifica HS who tragically died in a motorcycle accident. In his memory, his friends and family set up the foundation in order to provide scholarships for schools, as well as individuals who modeled life as Kevin would have. In previous years, Kendall Nishibayashi and Gina Tai were awarded scholarships, given to seniors who attend the race and apply for the scholarship. The team has also received team grants the past few years based on their attendance at the races.

The memorial run prepares the Dons for their memorial run in memory of Regina Nicole Roman and Darren Higashi in the Higashi Roman Memorial Run and the Great Cow Run this Saturday at Cerritos Regional Park (September 10). The open race will be open to all non-high school athletes and the high school invitational will follow immediately afterwards.

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!

The Great Cow Run/Higashi Roman Run

All athletes are expected to attend the Great Cow Run and will help work the event. Any athlete who does not attend or leaves early will receive a missed meet or partial missed meet. In addition, all athletes are required to submit a volunteer and donation sheet for the Great Cow Run! The sheet was due last week, however, will be accepted until Thursday. The sheet will record who is volunteering and what is being donated. Please be sure to get those sheets in to Coach Watanabe ASAP! Finally, all Oregon athletes should volunteer for at least one of the two shifts in order to offset the costs of some of their items for the Three Course Challenge. Let's all do our part to make this year's meet a smashing success, as it has been in the past.

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
09/06	Option #1 Early Bird Due
09/08	Complete Blue Cards Due
09/09	Oregon Payment Due
	Fundraising (Due by 9/22)
09/10	Great Cow Run
	Early Shift, 5:15a
	Rest of Team, 6:00a
	Meet at Regional Park
09/15	ABC District Champs

Highlights

Summer Athletes of the Week
Bose Amosun, Patrick De La Fuente
Ginny Huang, Michael Hugh
Jennifer Hwang, Ashley Juarez
Mitchell Lin, Amanda Shimoda
Joshua Yee

Freeze Frames

Circle of Trust

Bose w/Gray

Up Up & Away

Raffle

Quotable Corner

"All experience is an arch, to build upon." - Henry B. Adams

Everything you experience, whether good or bad, allows you to build or rebuild what is necessary to find success in life. Understand what these experiences are and how to start buidling.

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
***One day grace period granted (9/7/11)**
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
9/6/11 - CXC Pizza Night, 6pm
9/7/11 - Popsicle Run, 3pm
9/9/11 - Course Setup, 5pm
9/10/11 - The Great Cow Run, 6am-Noon

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

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.

Hot Weather Runner
With the hot weather approaching, it is imperative that athletes hydrate properly in order to avoid overheating. Hot weather is bearable with proper preparation including good eating habits, good nutrition, and lots of rest. Please be sure to fulfill all these areas as you prepare to run in the warming temperatures! Your best bet is always to be prepared! Also, don't forget to bring a bottle of water with you to practice in order to allow yourself hydration during the workout.

THE INSIDER

THE COLUMN
"RACE DAY JITTERS"

THE COLUMN: RACE DAY JITTERS

What can I do to settle my nerves when I face race day jitters?

Getting nervous during your first race or any race is very common, however, often times these jitters are good because they mean that you are excited for the experience ahead. Almost no one likes the feeling of these pre-race jitters, so here are a few ways you can deal with these jitters head on.

One, visualize your race before the day of the race. Imagine yourself stepping to the line of the race feeling the initial stages of the jitters and then respond by stepping confidentally to the line, trying to think past the jitters by focusing on the race. Practice makes perfect and often times, mental preparation can be the key to success in erasing those nervous jitters.

Confidence is also key in overcoming those jitters. While mentally visualizing the confidence, stepping to the line with that same confidence is key in order to overcome the jitters. Part of the reason that these jitters surface is there is some doubt in the mind of the athlete about their performance of the day. If you have been training hard, keep a positive outlook on the race and know you will be able to try your best to do your best.

A consistent pre-race routines is an important factor in establishing comfort and going past many of the jitters that may surface before the race. By going through the motions, it may end up feeling just like any other day.

Breathing deep can also help an athlete overcome the jitters. While not athletes can use their minds to overcome these challenges, by breaking deep, the athlete can try and relax themselves in order to eliminate a lot of the tension that may arrive right before a competition, whether it be your first of one hundredth.

Eating well, sleeping well, and hydrating are important keys, not only in performance, but in the ability to come to the line and stay focused. In some races, that can easily be the difference between those athletes that win a race and those that lose. Keep an eye out on what you eat and drink and you just may be able to succeed.

The pre-race jitters are not uncommon and you should not freak out when you experience such, however, try to do a few of the things listed and possibly a few more in order to eliminate those nervous jitters.

On Saturday, some of you will be facing your very first race of your careers for others, just for the reason. Regardless, enter the race confident that you will do well and you will find little difficulty finding success.

Website Information
www.cerritosxc.com
cerritos
mustardb