Process for Joining

1. Fill out the sign up sheet and return.
2. Pick up a physical packet.
3. Complete the physical packet including doctor's physical.*
4. Purchase an ASB card or package (August).
5. Attend the parent meeting on June 8 at 2:15pm via Zoom or watch the recording.
6. Pick up or download a season form packet (www.cerritosxc.com).**
7. Select your options and complete the statement of acknowledgement.***
8. Make sure you have appropriate running shoes, shorts, t-shirt, towel and water.
9. Arrive at practice in the 183rd parking lot at 6:15am (M-F) from July 12.
10. Attend various events including potlucks, carbo-loading dinners and camps.
11. Have fun and enjoy.

** physical packet is now completed online. You will also need to pay the transportation fee.*
*** please e-mail coach watanabe for access to private sections of the website: Jason.watanabe@abcusd.us.*
**** options include a donation or pay for additional events & activities.*

Reasons for Joining

1. Exercise daily and maintain your level of health and nutrition.
2. Develop many skills and characteristics that will help you in life.
3. Make new friends and spend more time with your current friends.
4. Getting involved in school activities.
5. Participating in a fun-filled team.
6. The mammoth camp and other trips.
7. The potlucks and carbo-loading dinners.
8. The activities planned throughout the year including bonfires.
9. Have various mentors to help you throughout your school year.
10. The cross country family and spirit.

Common Excuses Not to join

1. I can't run 3-miles … most can't when they start, but we have 140+ that can now.
2. It's too early in the morning … your days are longer and you have more time to enjoy!
3. I don't like to run … there's a lot more to cross country that simply running.
4. No one I know is joining … there are over 100 people you can meet!
5. I'll do it next year … many who join wish they did it their freshman years.

Highlights of the season

1. Mammoth camp and Varsity trip (Oregon or Hawaii)
2. Potlucks and carbo-loading dinners
3. Footsoccer and other games throughout the summer
4. Continuing to relive the memories of cross country with lifelong friends
5. Ohana – Our cross country family