CERRITOS CROSS COUNTRY 2021-2022
PARENT PRESEASON MEETING
HTTP://WWW.CERRITOSXC.COM/ (pw: mustard)
REMIND – Text @cerritosx to 81010

Orientation Site: http://cerritosxc.weebly.com/orientation.html
Visit the Orientation Site for the Meeting Document, Recording and Additional Links!
Iolani Invitational Site: Docs/Info → Camps/Trips → Iolani → 2021 [Awaiting Info/Approval]
Newsletters 2021: Media → Newsletters → 2021-2022

What you'll need on the first day …
Cleared Online with the Office [Visit Cerritoshs.com and find the Athletic Clearance!]
Statement of Understanding Form*
Finance Option Form*
Sign Up Form
Shirt, Shorts, Running Shoes, Towel, Water
*Read Carefully!!!

PRACTICE BEGINS ON JULY 12 AT 6:15AM – 183RD PARKING LOT

Upcoming Events
TBA – Cross Country Bonfire at Bolsa Chica

San Diego Ohana Camp
Info on External Site [Visit Link]

About Our Program & Requests

- ✓ Check the website regularly for updates and information.
- ✓ We need parent volunteer drivers for afternoon/Saturday workouts. (4:45pm Tu & Thu, 7am Sat)
- ✓ We will look to hold "picnics" in place of potlucks this year. (Typically Friday)
- ✓ New athletes will be assigned an adoptee to help welcome athlete into the program.
- ✓ We highly encourage athletes to attend the events in order to get to know teammates.
- ✓ While we try to keep the program fun and lively, this is a competitive program (not simply recreational). Athletes will receive credit for the participation during the regular school year. Athletes are expected to attend practice every day just like any other class. We do accept athletes of all abilities.
- ✓ Athletes can take vacations during the summer and still remain on the team, however, we ask that athletes give us AT LEAST 24-hours notice before an absence in the form of a written note or e-mail. This policy includes the summer and the school year and must be used for ANY absence.