Three Course Challenge
Camp Rilea, Warrenton, OR
September 19-22, 2013

Cerritos Cross-Country

September 19-22, 2013

September 12, 2013

Dear Parent(s),

Over the past few months the team has been working hard to qualify for the Three Course Challenge in Warrenton, OR. They should have begun working towards their fundraising goal of $100 without parental contributions. The team has also displayed excellence in performance in the sport, has worked hard towards improving or maintaining his/her GPA, and has displayed a great attitude while members of the cross-country team. You should feel great satisfaction in the accomplishments of your son/daughter to earn this trip.

As the invitational approaches, it is important to take care of some logistics, as well as making sure that all of your and your son/daughter's questions are answers so that we are all prepared for this trip. Please feel free to call or e-mail me at anytime so that I can answer any questions you may have. Thank you for your time and attention and again, congratulations on your son/daughter's accomplishments.

Sincerely,

Jason Watanabe
Head Coach
Cerritos Cross Country
(H) 562-860-5958
(C) 562-397-0867
wutanabe5@aol.com

NOTE TO PARENTS – For emergency contact information, please include cellular phone information as well as landline numbers.

NOTE TO ATHLETES – Athletes are to make arrangements with their teachers prior to the trip in order to obtain any homework. You must take the responsibility of turning in homework on time and taking tests/quizzes on time. Please do not use this trip as an excuse. PLAN AHEAD! Athletes who do not maintain high academic and citizenship standards prior to the trip may be subject to removal from the trip and may still be responsible for the cost of the trip that are currently non-refundable.

Cerritos Cross-Country

September 19-22, 2013

What to Bring List

Team Jersey
Sweats (Tops and Bottoms)
Team Shirt
Training Running Shoes
Towel & Toiletries
Sleeping Bag and/or Blanket & Pillow + Sheets
Snacks for One Night in Barracks

Clothes for Three Night Activities
Clothes for Three Day of Day Activities
Additional Clothing
Warm Clothes - It will be very cold especially in the morning!

Books (Copies of Pages) and Homework
You will be required to do homework on the plane, as well as during a study session which is scheduled while you are in Oregon as you are not allowed to be absent on Monday in order to complete your homework.
You will need to submit an assignment sheet to all of your teachers and bring it with you to the trip so that I know if you have completed your assignments.

Spending Money
Camera
Snacks

Please note the provided meal according to the itinerary.

I will do my best to keep you informed about the policies about what can be and cannot be packed in your luggage.

If you want to stay well informed, please visit
http://www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm#3.

Don't risk losing items because you didn't check the list!

Cerritos Cross-Country

September 19-22, 2013

ITINERARY

Thursday, September 19, 2013

3:00pm - Transport to LAX
6:10pm - Virgin America #941 to SFO (1:15)/Dinner at Airport
8:35pm - Virgin America #810 to PDX (1:45)
10:20pm - Arrive in Portland
11:15pm - Transport via MAX
11:45pm – Arrive at Quality Inn (431 NE Multnomah Street – 503-233-7933)

Friday, September 20, 2013

6:40am – Arrive at the MAX
7:30am - Arrive at Beaverton Creek Station
8:00am - Tour of Nike Campus (One Bowerman Drive, Beaverton, OR)
9:30am - Breakfast
11:00am – Tour Portland/Japanese Garden (611 SW Kingston Avenue)/Lunch
2:00pm – Depart for Seaside High School via Seaside School District Transportation
4:30pm – Pasta Feed at Seaside High School
6:00pm – Barracks Open at Camp Rilea
8:00pm - Activities
11:00pm - Lights Out

Saturday, September 21, 2013

6:30am – Breakfast
8:00am – Course Opens
10:00/05am – Boys/Girls Easy Race
10:50/55am – Boys/Girls Moderate Race
11:40/45pm – Boys/Girls Difficult Race
12:30pm - Open Race
2:00pm - Lunch in Seaside/Depart to Portland
5:00pm - Dinner (2337 East Burnside Street) (503) 542-0880
7:30pm - Rock and Skate at Lloyd Center (2201 Lloyd Center) (503) 288-6073

Sunday, September 22, 2013

8:00am – Vodoo Doughnuts (22 Southwest 3rd Avenue)/Chinatown
10:00am - Powell City of Books (1005 W. Burnside St)
11:00am - Portland Saturday Market (108 W Burnside)
3:00pm - Depart for Portland Airport
6:00pm - Virgin America #813 to SFO (1:50)
9:40pm - Virgin America #948 to LAX (1:19)/Dinner at SFO
10:59pm - Return to LAX
Athletes Must Arrange Own Ride Home!!

Cerritos Cross-Country

September 19-22, 2013

Hotel Information

Thursday & Saturday Night
Quality Inn
431 NE Multnomah Street
Portland, OR 97232
503-233-7933

Friday Night
Camp Rilea Armed Forces Training Center
Warrenton, OR 97146-9711
503-861-4052

Activities Cost

Activity costs will vary according to activities selected.
Additional activities will be selected by the group while in Oregon.

Dinner at Seaside HS - PAID
Ice Skating – PAID
Activity Night at Camp Rilea – PAID
Transportation - Varies

Cerritos Cross-Country

September 19-22, 2013

Student Name_____ Date of Birth ___/___/___

Parent Name/Cell No.: Mother _____ Father _____

Address _____

City, State, Zip Code _____

Phone Number: Home _____ Cell _____

E-mail (if any)_____

Emergency Contact Name _____

Contact Number(s) _____

Contact Name _____

Contact Number(s) _____

Insurance/Medical Carrier/Policy Number _____

Address/Phone _____

Doctor Name/Phone _____

Allergies _____

Special Medications _____

_____

Special Dietary Needs _____

Recent Illnesses _____

Recent Injuries _____

Additional Comments _____

_____

Cerritos Cross-Country

September 19-22, 2013

I _____ give my permission for _____
Parent's Name Student's Name
to attend the Three Course Challenge on the dates of September 19-22, 2013. I agree not to take legal action in the event of reasonable and unforeseen accidents occurring, against Cerritos High School, the ABC Unified School District or its employees, chaperones and volunteers. I understand that every precaution will be made in order to insure the safety of my child. In the event of accident or illness, I understand that all decisions will be made to ensure the best outcome possible. I have been informed of all the activities and am comfortable with the goings on and chaperones. I therefore release my child to attend the Three Course Challenge from September 19-22, 2013.

Parent's Signature _____

I _____ give permission for my son/daughter to be
Parent's Name
transported from Cerritos High School to Portland, OR/Seaside, OR/Warrenton, OR and to be transported during the trip as necessary for workouts, activities, etc. and to be transported from Portland, OR/Seaside, OR/Warrenton, OR to Cerritos High School on the dates of September 19-22, 2013. I understand that only employee and adult drivers including but not limited to public/school transportation (bus, metro) will be driving during the duration of the trip.

Parent's Signature _____

I _____ give my permission for _____
Parent's Name Student's Name
to be treated at a hospital in the event of accident or illness. I understand that every action will be taken in order to get in contact with me or the emergency contact first, therefore I give permission for hospital staff to use any means necessary to stabilize my child before I am contacted for further instructions.

Parent's Signature _____

Cerritos Cross-Country

September 19-22, 2013

I _____ understand that I have the option to disallow my
Parent's Name
child from participating in any activity that I am not comfortable with. Below is a list of activities that my child will be participating in. By circling any of the below activities I indicate that I **DO NOT** wish my child to participate in that activity. By not circling, I am therefore aware of my child's activity and give my permission for him/her to participate. All activities may not take place, however various possible activities have been listed below.

Swimming
Bowling
Ice Skating
Shopping
Touring – Please Specify

OTHER (Please List – Refer to Activity List and Itinerary):

Parent's Signature _____

CERRITOS HIGH SCHOOL CROSS-COUNTRY
12500 East 183rd Street ■ Cerritos, CA 90703 ■ 562-860-5958
Coaches ■ Jason Watanabe ■ Damon Gohata ■ Allison Koizumi
"Striving for new heights in our lives, in our sports, in ourselves."

Cerritos Cross Country
Administration
Coaching Staff
and
Student Officers

12500 East 183rd Street
Cerritos, CA 90703
562-402-5044

Janice Peterson
Principal

Rob Adams
Todd Denhart
Athletic Director

Jason Watanabe
Head Coach

Damon Gohata
Allison Koizumi
Jonathan Nagayama
Thien-Nam To
Assistant Coach

Isaac Kim
Monique Gavilanes
Jonathan Carranza
Alyssa Movchan
Chase Johnson
Amanda Atilano
Captains

Tax ID #
95-2380644

September 10, 2013

To Whom It May Concern,

_____ will be attending the Three Course Challenge in Seaside, OR from September 19-22, 2013. The student aforementioned has been working long and hard since last year in order to qualify for this meet which required them to meet standards in academics, attendance & participation, volunteering, citizenship, fundraising, as well as reaching at least two time standards in cross country and track & field.

Since the students will be missing school, we are asking the instructors of these students if they could provide us with the homework during the trip so that they can complete the work during their mandatory study sessions in order to keep up with the workload while they are at their meet.

In addition, any additional information or instructions that should be provided to students can be attached to this sheet or can be e-mailed to me at the address listed below. If you have minimal or no homework, please denote that on the sheet, however, it is encouraged that the students be aware of as much work as possible so that they can complete as much as they can before and during the trip. Finally, I also request if you could use this as a grade check as well and provide me with the current status of the students in your period (if any grade or update is available) so that I may better monitor them while at the meet.

I appreciate your attention and assistance in this matter and appreciate your continued support of our program and our students!

Sincerely,

Jason Watanabe, Head Coach, Cross Country
Advisor, Model United Nations & Class of 2015
Assistant Coach, Basketball and Track & Field
Teacher, Social Sciences
Day Phone # (562) 926-5566 x21908
Evening Phone # (562) 397-0867
E-mail Address: Jason.Watanabe@abcusd.k12.ca.us

PERIOD	Class/Instructor/Assignment
0	**CLASS:**_____ **INSTRUCTOR:** _____ **ASSIGNMENTS:**
1	**CLASS:**_____ **INSTRUCTOR:** _____ **ASSIGNMENTS:**
2	**CLASS:**_____ **INSTRUCTOR:** _____ **ASSIGNMENTS:**
3	**CLASS:**_____ **INSTRUCTOR:** _____ **ASSIGNMENTS:**
4	**CLASS:**_____ **INSTRUCTOR:** _____ **ASSIGNMENTS:**
5	**CLASS:**_____ **INSTRUCTOR:** _____ **ASSIGNMENTS:**
6	**CLASS:**_____ **INSTRUCTOR:** _____ **ASSIGNMENTS:**
7	**CLASS:**_____ **INSTRUCTOR:** _____ **ASSIGNMENTS:**

ABC UNIFIED SCHOOL DISTRICT
RISK MANAGEMENT DEPARTMENT
16700 Norwalk Boulevard, Cerritos, CA 90703

STUDENT

DISTRICT-SPONSORED FIELD TRIP-VOLUNTARY ATTENDANCE
PARENT PERMISSION AND ASSUMPTION OF RISK

DATE: _____

Student's Name _____ has my permission to participate in the following field trip:

Destination/Nature of Activity **Three Course Challenge in Portland/Seaside/Warrenton,**
(Please be specific (e.g., Concert at UCLA.)

Special Instructions: **Will need additional funds for food and some activities**
Sleeping bag and/or blanket and pillow must be packed!

Departure Date: **September 19, 2013** Time: **2:30pm**
Return Date: **September 22, 2013** Time: **11:45pm**
Position: **Head Coach**
Person in charge: **Jason Watanabe**
School: **Cerritos High School**

Type of Transportation: ☐ School Bus/Vehicle ☐ Walking ☒ Other **Public Transport**
(Please Specify)
Seaside District Transport
Miscellaneous (inc Taxi)

Health or special needs: Check as appropriate.

	My student has no special health needs the staff should be aware of and no medication required on the trip.
	My student has a special need, and instructions are attached.
	Other:

In the event of illness or injury, I do hereby consent to whatever x-ray, examination, anesthetic, medical, surgical or dental diagnosis or treatment and hospital care are considered necessary in the best judgment of the attending physician, surgeon, or dentist and performed by or under the supervision of a member of the medical staff of the hospital or facility furnishing medical or dental services.

I fully understand that participants are to abide by all rules and regulations governing conduct during the trip.

As stated in California Education Code Section 35330, I understand that I hold the ABC Unified School District, its officers, agents and employees, harmless from any and all liability or claims, which may arise out of or in connection with my child's participation in this activity.

Work (___) _____

_____ _____ Home (___) _____
Signature (Parent/Guardian) (Please Print Name) Area Code Telephone

Home Address: _____ Age of Student: _____ Date of Birth: _____

_____
Student's Signature

Family Medical Insurance Carrier: _____ Policy Number: _____
(e.g., Blue Cross)

In the event of an emergency, please contact: Work (___) _____

_____ _____ Home (___) _____
Name Relationship) Area Code Telephone

ABC Unified School District

Purchasing, Warehouse and Risk Management Department
16700 Norwalk Boulevard, Cerritos, CA 90703
(562) 926-5566 ext. 21212

VOLUNTARY ACTIVITIES PARTICIPATION FORM

ACKNOWLEDGEMENT AND ASSUMPTION OF POTENTIAL RISK

_____ wishes to participate

in the District-sponsored activities of: _____

I understand and acknowledge that some of the injuries/illness which may result from participation in these activities include, but are not limited to, the following:

Sprains/strains
Fractured bones
Unconsciousness
Head and/or back injuries
Paralysis
Loss of eyesight
Death

I understand and acknowledge that participation in these activities is completely voluntary and as such is not required by the District.

I understand and acknowledge that in order to participate in these activities, I agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities.

I understand, acknowledge, and agree that the District, its employees, officers, agents, or volunteers shall not be liable for any injury/illness suffered by me which is incident to and/or associated with preparing for and/or participating in this activity.

I acknowledge that I have carefully read this **VOLUNTARY ACTIVITIES PARTICIPATION FORM** and that I understand and agree to its terms.

_____

Student Signature Date

_____

Parent/Guardian Date

A signed **VOLUNTARY ACTIVITIES PARTICIPATION FORM** must be on file with the District before a student will be allowed to participate in the above extra-curricular/co-curricular activities.