Three Course Challenge
Camp Rilea, Warrenton, OR
September 22-25, 2011

Cerritos Cross-Country

September 22-25, 2011

September 12, 2011

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 $75 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 22-25, 2011

What to Bring List

Team Jersey
Team Bag (Yellow, Large)
Sweats (Tops and Bottoms)
Team Shirt
Training Running Shoes
Racing Flats
Towel & Toiletries
Sleeping Bag and/or Blanket & Pillow

Clothes for Three Night Activites
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 22-25, 2011

ITINERARY

Thursday, September 22, 2011

1:15pm – Depart for Long Beac from Cerritos High School (Bloomfield Lot)
School Bus Transportation is Being Arranged
3:30pm – Jet Blue Airlines #1426 departs from Long Beach Airport
Athletes Must Work on Homework on Flight
5:48pm – Jet Blue Airlines #1426 arrives in Portland
7:30pm – Arrive at La Quinta (431 NE Multnomah Street – 503-233-7933)/Dinner

Friday, September 23, 2011

7:00am – Morning Run in Portland
9:00am – Tour Portland – Japanese Garden (Team Pictures)
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 24, 2011

6:30am – Breakfast
8:00am – Course Opens
10:00/05am – Boys/Girls Easy Race
11:00/05am – Boys/Girls Medium Race
12:00/05pm – Boys/Girls Difficult Race
12:45pm - Open Race
1:00pm - Awards Presentation
2:00pm - Depart to Portland
5:00pm - Dinner
7:30pm - Rock and Skate at Lloyd Center

Sunday, September 25, 2011

8:00am – Team Pictures & Touring
1:00pm - Depart for Portland Airport
6:59pm - Jet Blue Flight #1425 departs from Portland
9:23pm - Jet Blue Flight #1425 arrives at Long Beach Airport
Athletes Must Arrange Own Ride Home!!

Cerritos Cross-Country

September 22-25, 2011

Hotel Information

Thursday & Saturday Night
La Quinta 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 activites 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 22-25, 2011

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 22-25, 2011

I _____ give my permission for _____
Parent's Name Student's Name
to attend the Three Course Challenge on the dates of September 22-25, 2011. 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 22-25, 2011.

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 22-25, 2011. 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 22-25, 2011

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 _____

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, OR**
(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: **9/22/2011** Time: **1:15 PM** Return Date: **9/25/2011** Time: **10:00pm**

Person in charge: **Jason Watanabe** Position: **Head Coach** School: **Cerritos High School**

Type of Transportation: [X] School Bus/Vehicle [ ] Walking [X] Other **Airplane**
(Please Specify)

Public Transportation

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

7801-RM (279B) (Rev. 5/01-131/14) DISTRIBUTION: White-Trip Leader, Pink-Site Manager

ABC Unified School District

16700 Norwalk Boulevard, Cerritos, CA 90703 (562) 926-5566

BOARD OF EDUCATION

Cory Groom, President

Dixie Primosch, Vice President • Olympia Chen, Clerk

Gregory D. Byrks, Sr., Ph.D., Member • Craig McCormick, Member

David Montgomery, Member • Marilyn Rubio, Member

SUPERINTENDENT

Dr. Ronald G. Barnes

NON-DISTRICT TRANSPORTATION NOTICE

The undersigned hereby acknowledges and understands that the District is **NOT** providing transportation to school-sponsored activities and that it is the responsibility of the undersigned to arrange for transportation.

As parent/legal guardian, I hereby authorize and give permission for my child, _____, to drive himself/herself or to ride as a passenger in a vehicle driven by another student or parent.

The undersigned acknowledges and understands that the driver is not driving on behalf of or as an agent of the District. Further, the undersigned understands that the District has not verified the driving record of the driver or the mechanical condition of the vehicle.

IT IS FULLY UNDERSTOOD THAT THE DISTRICT IS IN NO WAY RESPONSIBLE, NOR DOES THE DISTRICT ASSUME LIABILITY, FOR ANY INJURIES OR LOSSES RESULTING FROM THIS NON-DISTRICT SPONSORED TRANSPORTATION. ALTHOUGH THE DISTRICT MAY ASSIST IN COORDINATING THE TRANSPORTATION AND/OR RECOMMEND TRAVEL TIME, ROUTES, OR CARAVANING TO OR FROM THIS EVENT, I FULLY UNDERSTAND THAT SUCH RECOMMENDATIONS ARE NOT MANDATORY.

_____ _____

Parent/Guardian's Signature Date

_____ _____

Student's Signature Date