CERRITOS CROSS COUNTRY

PRESEASON CHECKLIST

_____ Physical Packet [Activities 7/12]
_____ Blue Cards [Summer Stamp 7/12]
_____ ASB Card [Activities 8/30]
_____ Athletic Clearance [Activities 7/12 or ASAP]
_____ Finance Option Forms [7/12]
_____ Proper Running Shoes (Not Cross Trainers)
_____ Running Attire
_____ Water Bottle (Optional)
_____ Running Watch (Optional)
_____ Profile/Headshot (Optional)
_____ Read Rules and Regulations
_____ E-mail Vacation/Absence Dates ASAP
_____ Verify Conflict Dates of Absence with Coach
_____ Visit the Webpage
_____ Sign Up for the Cross Country Facebook Group

SAN DIEGO OHANA CAMP (NON-SCHOOL)

_____ Complete Form
_____ Secure Transportation
_____ Make Hotel Reservation (Mr. Wat)
_____ Forms/Packet/Athletic Clearance

PLEASE VISIT THE WEBSITE AND GO TO **MISCELLANEOUS → FORMS** AND COMPLETE ALL FORMS LISTED ON THE PAGE. USER NAME AND PASSWORDS ARE PROVIDED. PLEASE DO NOT DISTRIBUTE THIS INFORMATION.

>>> SIGN UP FOR CAMP
>>> ATTEND CROSS-COUNTRY FUNCTIONS
>>> ENCOURAGE YOUR FRIENDS TO JOIN

ADDITIONAL INFORMATION WILL BE POSTED ON THE WEBPAGE.
MEETING FORMS/INFORMATION – http://cerritosxc.com/orientation.html (pw: mustard)

See what's inside this packet …

Signup Form
Introduction
Rules and Regulations
Schedule and Calendar
Budget
History (Online)
Fundraising Forms (Online)
Race Forms

Things to remember …

Every year we have athletes who cannot run faster than a ten minute mile and who eventually reduce their personal records in the mile and run farther than they ever thought they could. Don't be scared away by the rumors, if you are interested, just come out and try it!

The first few weeks are difficult, however if you train consistently, it gets easier!

What I should also consider …

Due to the pandemic, we had to cancel the Mammoth Camp. We will be attending a non-school organized camp in San Diego. Info on an external site.

Ask your friends to join! Not only will you receive credit towards your fundraising for athletes who are referred by you, you will also have the opportunity to spend more time with them!

Also, try meeting new people! Although spending time with your friends are nice, take some time each day to meet someone new!

Consistency! If you come out every day and train equally hard, you will improve much faster than attending practice sporadically. **It also determines who ultimately makes the team.**

Shoes may be a bit more expensive, however, good shoes can save you a lot of relief. Everyone wears a different type of shoe, you should ask what's right for you!