

Cross Country 2017

7th and 8th Grade Information



The Los Alamitos high school Cross Country team is open to all incoming and new runners.* The team is one of the largest team on campus with over 120 runners. This is a great opportunity to be part of a competitive team, get really fit, race, make lots of new friends and hang out with the smartest (highest GPA) team at the school. Cross Country is a fall sport. The season runs September – October with varsity runners continuing to mid November. Summer practice begins July 10th. Everyone practices – everyone runs – everyone races – there is no bench!

Here is important team information and dates:

Monday, May 22nd – **Mandatory Parent Meeting** (for incoming 9th graders and all current high school parents), LAHS, room 153/154. 6:30pm-7:30pm.

Monday, June 5th, - **Ice Cream Social and Goals Night**, LAHS, Room 500, 6:30pm – all incoming 8th graders and returning high school runners.

July 10th – August 12th – **Summer Camp**. Monday – Thursday 5:00pm-7:00pm, Fridays 8:30am-10:30am, optional Saturday's 8:30am-10:30am. Monday – LAHS (later Hill day), Tuesday – Beach Run Seal Beach, Wednesday – Speed day - LAHS, Thursday – Frisbee fun day at LAHS, Friday– Long Run day – LAHS, Saturday Mystery run! Cost \$250 – sign up at LAEF4kids.org 7th-12th grade. For more info contact Coach Celestin (see below)

For additional summer information – go to the team website www.losalxc.org

July 30-August 4 – **Optional Team Camp – Idyllwild**. Check with coach for info.

August 14 – 29th –**Mandatory Practice**. Likely to be the same times as summer camp.

August 21 – **Team Time Trail*** – to make the high school team. Central Park

Late August – **Family Welcome Dinner and Parent Meeting**, TBA

September 2nd – **First Race** – “The Great Cow” race. Cerritos.

For more information – contact Coach Celestin at LAHS. mcelestin@losal.org