

# Cross Country 2017

## 7<sup>th</sup> and 8<sup>th</sup> 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 10<sup>th</sup>. Everyone practices – everyone runs – everyone races – there is no bench!

Here is important team information and dates:

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

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

July 10<sup>th</sup> – August 12<sup>th</sup> – **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 7<sup>th</sup>-12<sup>th</sup> grade. For more info contact Coach Celestin (see below)

For additional summer information – go to the team website [www.losalxc.org](http://www.losalxc.org)

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

August 14 – 29<sup>th</sup> –**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 2<sup>nd</sup> – **First Race** – “The Great Cow” race. Cerritos.

For more information – contact Coach Celestin at LAHS. [mcelestin@losal.org](mailto:mcelestin@losal.org)