

Aliso Niguel Wolverines

Girls Cross Country

2008

Team Information and Summer Practice Details

The Aliso Niguel Girls Cross Country Team invites you to participate in Cross Country! We will begin practicing for the fall season during the summer.

What you need to do in order to participate in Girls Cross Country:

1. Sign up for the Cross Country class when you organize your schedule for the fall. (During the season, practice times are held during school and: Mondays until 4:30, Tuesdays and Thursdays until 4:00 and Wednesdays and Fridays until 5:00).
2. Get a physical and clearance form (from school website) and turn it in by the first day of practice in July.
3. Show up for practice with:
 - comfortable, quality **running** shoes that have at least $\frac{3}{4}$ inch of extra toe room (best to purchase at *Snail's Pace* in Laguna Hills, *Fleet Feet* in Dana Point or *Roadrunner Sports* in Laguna Hills)
 - a digital watch
 - a bottle of water**and be ready to run**
4. You do not need to have experience and you do not need to be in great shape, but you do need to WANT to run and have the desire to improve!
5. Who will make the team:
Runners who only miss one (1) summer practice and make all summer practice time goals.
Or
Runners who run the Aliso Niguel Cross Country 3-mile course in 26:00 or less on Try-out day: Wednesday, September 3rd. We will meet in the ANHS stadium.

Practice Dates for Summer: All practices **should** be attended for the runner's training to progress and to prevent injury.

1. **Serious-Training-Begins practices:** Monday-Friday: 8 AM- 10 AM
July 21st - August 8th
Location: Strands Beach parking lot where Selva (just south of Niguel Rd) meets PCH.

2. 8th Annual Mammoth Running Camp: August 10th- 14th

This is our annual camp. We will stay in condos and take turns cooking meals. We will run up to 3 times a day, get in great shape and get closer as a team!

Cost: \$300. Due: June 30th. Further details will be sent to athletes who sign up for Cross Country.

(Due to high demand, and in order to preserve our Mammoth traditions, all can register for the camp, but only the top 30 will be invited to go. Girls who do not make the top 30 will be refunded. Individuals determined by the second week of summer practice.)

3. On Campus at Aliso Niguel H.S. practice (near softball fields): 6:00- 8:00 A.M. August 18th- September 1st. School begins after Labor Day on September 2nd and we will begin class and after school practice on that day.

Aliso Niguel Girls Cross Country
Informational Parent and Athlete Meeting

Wednesday, May 28th, 6:30 P.M.

Aliso Niguel High School Campus, room 407 or the theater (watch the school website for exact location! www.alisoniguel.com)

We will be discussing the details of the season, the running camp and answering questions

Do you plan to join the team???????

**Fill out the below information and e-mail it to:
Head Girls Cross Country Coach, Stacy Middlebrook
ssmiddlebrook@capousd.org**

Any Questions?????

Bring them to the meeting or e-mail Coach Middlebrook

Name _____ Grade Next Year _____

Address _____ City _____

Zip _____ Phone Number _____

Email address _____