

ALISO NIGUEL HIGH SCHOOL

Summer Girls Cross Country Program



The Aliso Niguel Girls Cross Country Team invites you to participate in Cross Country. Cross Country is a sport where athletes train to run a 3-mile race over a variety of terrain. We will begin practicing for the fall season during the summer. New and returning athletes are encouraged to participate.

All runners should arrive to practice ready to run with:

- A completed physical and clearance packet. Forms for this packet can be found on www.alisoniguel.com
- comfortable, quality **running** shoes that have at least $\frac{3}{4}$ inch of extra toe room (best to purchase at *Snail's Pace* in Mission Viejo or *Roadrunner Sports* in Laguna Hills. Mention that you are a high school athlete and you may get a discount).
- a digital or GPS watch (Garmin or Apple Watch is recommended)

No prior running experience is necessary.

Training will consist of:

distance runs of up to 9 miles (for the top athletes)
mile-repeat runs
fast paced shorter runs
medium-paced recovery runs
yoga

Who: **ANHS Girls Returning and Incoming Runners**

Where and When:

July 15th: Strands Beach parking lot, off of Selva and PCH
July 16th: Strands Beach parking lot, off of Selva and PCH
July 17th: Parking lot outside of Aliso and Woods Canyon off of Awma
July 18th: Strands Beach parking lot, off of Selva and PCH
July 22nd: Strands Beach parking lot, off of Selva and PCH
July 23rd: Strands Beach parking lot, off of Selva and PCH
July 24th: Parking lot outside of Aliso and Wood s Canyon off of Awma
July 25th: Strands Beach parking lot, off of Selva and PCH
August 5th: Strands Beach parking lot, off of Selva and PCH
August 6th: Strands Beach parking lot, off of Selva and PCH
August 7th: Parking lot outside of Aliso and Wood s Canyon off of Awma
August 8th: Strands Beach parking lot, off of Selva and PCH (try-out #1)
August 10th: Strands Beach parking lot, off of Selva and PCH
August 12th: Strands Beach parking lot, off of Selva and PCH
August 13th: Strands Beach parking lot, off of Selva and PCH
August 14th: Parking lot outside of Aliso and Wood s Canyon off of Awma
August 15th: Strands Beach parking lot, off of Selva and PCH (try-out #2)

August 17th: Strands Beach parking lot, off of Selva and PCH

August 19th: Aliso Niguel Stadium

Times: 7:30-9:30 AM

Registration: **Please fill out the attached form and return with payment.**

Donation: **All Contributions should be made out to: "Aliso Niguel High School"**

Due Date: June 6th

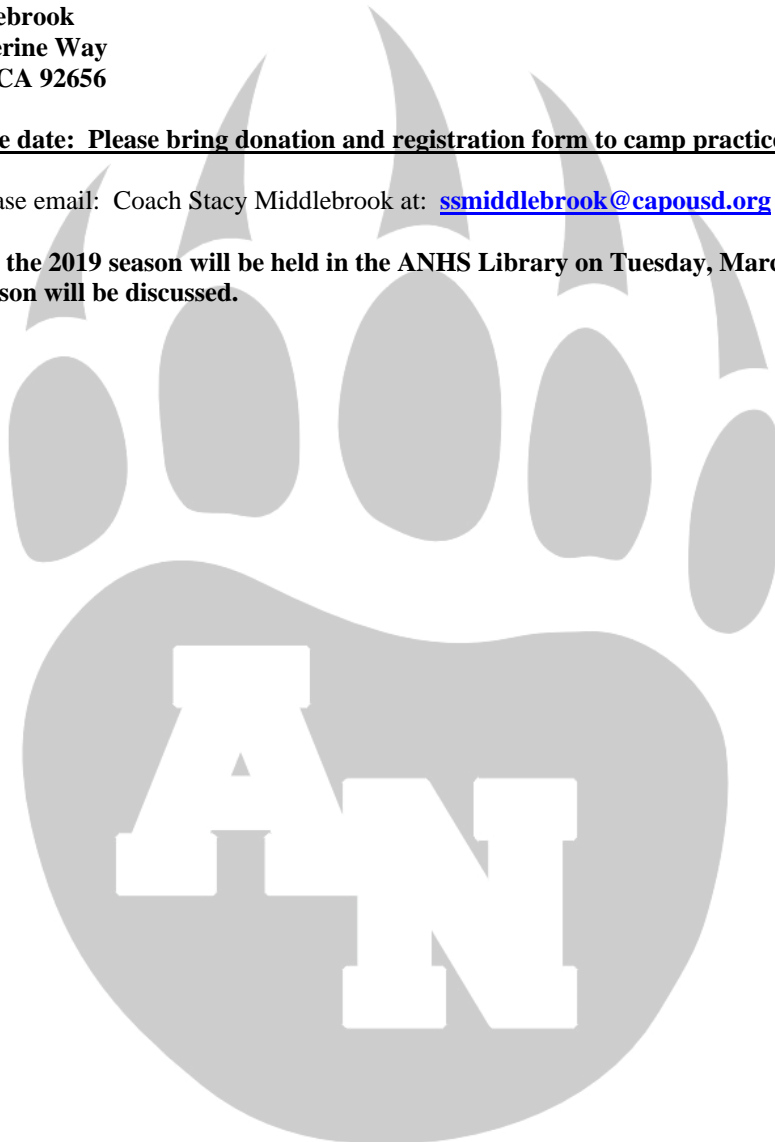
Mail all registration forms and checks to:

Address: **Stacy Middlebrook
28000 Wolverine Way
Aliso Viejo, CA 92656**

If you are paying after the due date: Please bring donation and registration form to camp practice.

For additional information, please email: Coach Stacy Middlebrook at: ssmiddlebrook@capousd.org

An informational meeting for the 2019 season will be held in the ANHS Library on Tuesday, March 19th at 6:30 Details of the summer program and the season will be discussed.



SUMMER Girls Cross Country REGISTRATION

Date - _____

Participant's Last Name:		Participant's First Name:		Date of Birth:
Street Address:		City:		Zip:
Parent's Phone:		Secondary Phone:		
Parent's Email Address:				
Emergency Contact:	Name:		Phone:	

Activity Title	School	Date	Requested Donation
Girls Cross Country	Aliso Niguel	Summer 2019	\$225
TOTAL			

Make all checks payable to "Aliso Niguel High School"

"Please note that the Constitution of the State of California requires that we provide a public education to you free of charge. Your right to a free education is for all school/educational activities, whether curricular or extracurricular, and whether you get a grade for the activity or class. Subject to certain exceptions, your right to a free public education means that we cannot require you or your family to purchase materials, supplies, equipment or uniforms for any school activity, nor can we require you or your family to pay security deposits for access, participation, materials, or equipment. Note: All donations are voluntary"