



ALISO NIGUEL HIGH SCHOOL



Boys Cross Country 2019 Summer Training Program

Practice Dates & Times: June 25th – August 15th; Mondays, Tuesdays, Thursdays, and Saturdays: 7:00 – 9:00AM
→ NO training program practices held Monday, July 29 through Saturday, August 3.

Practice Location: All practices and tryouts will begin in front of the Track on the Aliso Niguel HS campus. Please be patient with athlete drop-off/pick-up and/or parking, as the parking lot will be undergoing construction.

Training: This summer training program is intended to prepare an individual for participation on the Boys Cross Country Team for the Fall 2019 season. **Participation in the summer program, however, in no way guarantees a position on any school team. A position on the team for the fall season will be earned by completing a successful tryout (**see tryout dates and tryout standards listed below).**

Training will consist of:

- distance runs, varying in intensity and distance (up to 11+ miles for the top athletes) to build aerobic endurance
- tempo runs and lactate threshold repeats to improve ability to work through muscle burn and fatigue associated with the point where aerobic activity becomes anaerobic activity
- sprints/plyometrics workouts to build strength and improve high-end speed, running form, efficiency, & pacing
- high intensity repeats (generally between 400m and 1600m) to improve distance racing speed and race pacing; run/repeat volume and pacing will be dependent upon athlete fitness level and experience level
- moderate recovery runs will be completed on your own on the days we do not meet (Wednesdays and Fridays)

Other Important Information

- **Athletic Clearance MUST be completed online to participate** (see “Athletic Clearance” at alisoathletics.com)
- Your training prior to attending the summer program is **VITAL** to success in the summer program and in the potential fall season. You **MUST** be able to run continuously (**WITHOUT STOPPING**) at a comfortable pace for **at least 45 minutes** (preferably an hour), 5 days a week, when you show up to the first summer practice. Time and intensity will build upon that minimum base. If you are able to run for a longer amount of time or at a faster pace, that’s great, but you need **at least** that minimum base to prevent injury as the summer progresses. **This training is VERY different from the marathon training that many of you have done – DO NOT assume that you are ready for cross country just because you finished the OC Marathon. We train more frequently AND at greater intensity – be ready for it!**
- Show up on time for practice - see the dates and times above - with the necessary gear: quality **running shoes** (not cross trainers, Vans, etc.), appropriate running clothes, digital watch or GPS watch, and a water bottle or some other type of fluid replacement drink (Gatorade, Powerade, Cytomax, etc.).

****Tryouts:** Each tryout for boys cross country will consist of completing the ANHS 3-mile cross country course in a set time based on age and/or prior participation in the cross country program at ANHS. ****Participation in the summer training program is not required for any of these tryouts. However, an online athletic clearance IS required! No completed clearance = no tryout!**

Tryout dates: Tryout Opportunity #1 – Tuesday, June 25, 7am (First Day of Summer Training Program)
Tryout Opportunity #2 – Tuesday, July 23, 7am (Middle of Summer Training Program)
Tryout Opportunity #3 – Thursday, August 15, 7am (Last Day of Summer Training Program)

Tryout standards: Incoming freshmen – 21:30 minutes (**see attached map for cross country course**)
All others – 21 minutes

ANHS Boys Cross Country – New Parent and Athlete Information Meeting

Thursday, May 9th at 6:30pm in Coach Walsh’s classroom (903)

We will discuss all of the above information as well as the upcoming 2019 season. This would be a great time to ask any questions you may have about cross country.

Additional questions can be answered by Coach Walsh at jjwalsh@capousd.org

Requested Donation: \$225 Due by: May 23, 2019 (if mailing; or bring to first practice)

***(Registration and requested donation information is on page 2 of this packet)**

Students must pre-register for this activity. How to register:

- 1) Complete the registration information below.
- 2) Bring or mail completed form and check to Coach Walsh at ANHS.
- 3) If delivery/mailling to Aliso is not possible before the May 23 deadline, please bring this completed form and check to Coach Walsh at your first summer practice.

Please make checks payable to "Aliso Niguel High School"

- 4) Complete online clearance & return paperwork to office (or submit online) prior to the first day of summer training and bring clearance email to the first practice.

Any additional information needed? Email Coach John Walsh at: jjwalsh@capousd.org

Date - _____

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

Activity Title	School	Date	Donation
Boys Cross Country Summer Program	Aliso Niguel High School	Summer 2019	\$225

Mail form and donation to:

Coach Walsh - ANHS Boys CC
Aliso Niguel High School
28000 Wolverine Way
Aliso Viejo, CA 92656

**Registration form must be filled out completely!*

“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”

