



**San Clemente Boys Cross Country
Jalama Beach Elite Training Camp**



August 14-19, 2018

The Jalama beach training camp is designed to give potential varsity runners an elite training experience prior to the start of our season. The team bonding and leadership training that occurs in this outstanding training environment will be an invaluable tool in the success of both the individual athlete and our entire team.

Eligibility: Due to space limitations, the camp is limited to 23 athletes. In order to attend, athletes must satisfy the following criteria;

- Complete a 3 mile time trial in 19:00 minutes or less this summer.
- Attend summer training on a regular basis. Perfect attendance is not required but preference will be given to those athletes with the best summer training attendance.

Donation: \$200.00

- Camp site reservation fees
- 2 tee-shirts
- Coaches compensation for 24 hr. supervision and training.

What You Will Need

- Camping gear – tent, ice chest, sleeping bag, flashlight. Note – once we establish who will be attending we can figure out who has camping gear such as multi-person tents, ice chests etc... that they can share with teammates. Sharing camping gear when possible will help to reduce the cost per person.
- Your own food to cover 3 days
- Clothes for 5 days including a warm jacket or sweatshirt
- 2 pair of running shoes and extra socks
- Personal hygiene items including sunscreen.
- We will make a few trips to local restaurants, so bring some spending money.

**** 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.***