



San Clemente Boys Cross Country Summer Training - 2021



Contacts: Head Coach Dan Johnson – drjohnson@capousd.org or coachjohnson@tritonrunning.com

Training Dates: 7/6/21 – 8/12/21

Location: Training locations may vary depending on the scheduled workout. Regular start location is Vista Hermosa Sports Park in San Clemente.

Time: 7:30 am – 9:30 am Monday thru Friday. Note: Saturdays may be included for potential varsity runners or runners deemed capable of training at a higher level.

Camp Focus Includes:

- Expert training by our highly experienced coaching staff including Instruction in race tactics.
- Advanced Core Training
- Cross Training – Includes swimming and fun activities like Ultimate Frisbee.
- Psychological aspects of distance running, character lessons and team building activities.

Voluntary Donation: \$140.00 (includes summer camp tee-shirts). If donating by check, please make checks payable to **TBC - Boys Cross Country**

Summer Time Trial Information

Successful completion of at least one time trial is required in order for athletes to compete on the SCHS Boys Cross Country team in the fall.

Time Trial Dates: 7/21/21 and 8/4/21 – 7:30 am at Vista Hermosa Sports Park

Time Standards:

- Grades 11-12 – 20:00.0 min. for 3 miles
- Grade 10 – 20:15.0 min. for 3 miles
- Grade 9 – No minimum requirement, but time trial must be completed.

Summer Training Alternative: If you choose not to attend camp and run on your own, you must do the following (***these are non-negotiable requirements***);

- Submit a training log to coach Johnson every week. Log should include date, time, location and distance of all training runs and any other conditioning completed (EX, swimming, core, strength training etc...)
- Attend at least one of the scheduled 3 mile time trials (7/21 or 8/4)
- Attend at least one of the scheduled 1 mile time trials (7/14 and 7/28)

** 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.*