

HEAT

ORANGE COUNTY HEAT

Summer Training - Cross Country, Track & Field
Coach - Chase Frazier

Take the next step in your athletic career and sign up for the Orange County Heat Summer training programs. We will be offering two summer sessions that you can choose from or sign up and participate in both sessions. **Session 1** will begin on **June 18th** with practice each Tuesday & Thursday at Mission Viejo HS and practice each Wednesday & Saturday meeting at various Trails, Parks, or Beach locations. **Session 2** will begin **July 30th** with practice each Tuesday, Wednesday, and Thursday at Mission Viejo HS and practice each Saturday meeting at various Trails, Parks, or Beach locations. Once you have signed up for the session you will receive a calendar and schedule of all Trail, Park, and Beach meeting locations and directions.

SUMMER CAMP TRAINING GOALS:

During each summer training session we will be focusing on improving each athletes RUNNING FORM, FITNESS, PHYSICAL STRENGTH, AGILITY, CARDIOVASCULAR STRENGTH, FLEXIBILITY, SPEED & ENDURANCE.

For Signups ONLINE:

WWW.RUNHEAT.COM

SUMMER SESSION 1 - **(CROSS COUNTRY & TRACK)**

Cost: \$200.00

Dates: June 18th - July 13th

Days: Tuesday, Wednesday, Thursday,
Saturday

Time: 10:30am - 12:30pm

LOCATION:

Tuesdays - MVHS Track & Weightroom
Wednesdays - Trail Run, Hill Run, Beach Run +
Thursdays - MVHS Track & Weightroom
Saturdays - Trail Run, Hill Run, Beach Run +

SUMMER SESSION 2 - **(TRACK & FIELD)**

Cost: \$200.00

Dates: July 30th - Aug 24th

Days: Tuesday, Wednesday, Thursday,
Saturday

Times: 10:30am - 12:30pm

LOCATION:

Tuesdays - MVHS Track & Weightroom
Wednesdays - MVHS Track & Weightroom
Thursdays - MVHS Track & Weightroom
Saturdays - Trail Run, Hill Run, Beach Run +

