

# Aliso Niguel Track and Field Summer Training

July 6<sup>th</sup>-July 31<sup>st</sup>

M/W/F 9am-11am - ANHS Track and Weight Room

Dear Aliso Niguel Track Athletes and Parents,

As we move into a new season and continue to improve our program, we have found that year-round training is imperative to our success. In accordance, we will be holding summer training through July and the beginning of August. We encourage all of our athletes to attend in order to maintain their fitness and form during the summer months. Athletes may attend as many or as few practices as they are able. We are very excited to begin training for our 2027 season and look forward to seeing everyone at practice!

- Aliso Niguel Coaching Staff

Our goals for summer training are:

- Improving form and technique
- Continued conditioning and fitness
- Individualized instruction
- Goal setting for the coming season
- Maintaining important safety and procedural knowledge

All participants should arrive to practice ready to run with:

- A completed physical and clearance packet. Please visit: <http://www.alisoathletics.com/athleticclearance> for details. We have two clearance nights coming up! Please see the
- Comfortable, quality running shoes
- A bottle of water

**Optional Donation: \$40/week or \$120 for all four weeks\***

Donations can be made via check made out to "Aliso Niguel Track and Field" or Online at the ANHS Marketplace under Summer Track donation: [https://alisoniguelhs.myschoolcentral.com/\(S\(cmylih0vg00qsrwldluluxfvc\)\)/Index.aspx#/6/114](https://alisoniguelhs.myschoolcentral.com/(S(cmylih0vg00qsrwldluluxfvc))/Index.aspx#/6/114)

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For questions: please email Coach Patricia Luser at [pkluser@capousd.org](mailto:pkluser@capousd.org)

## SUMMER TRACK AND FIELD REGISTRATION

Athlete Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Contact Person \_\_\_\_\_

ParentName \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

I/we the parents or guardians of the above named child hereby release, absolve, indemnify, and hold harmless the Capistrano Unified School District, Patricia Luser, and Aliso Niguel Track and Field for any injuries or damage that he/she may receive or cause as a result from activities during the above mentioned camp. I/we assume all risks and hazards incidental to the conduct of the activities and hereby acknowledge that my child is covered under our family health plan.

\*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

