

ALISO NIGUEL HIGH SCHOOL

Summer Girls Cross Country Program



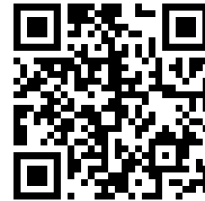
The Aliso Niguel Girls Cross Country Team invites you to participate in Cross Country. Cross Country is a sport where athletes train to run a 3-mile race over a variety of terrain. We will begin training for the fall season during the summer. New and returning athletes are encouraged to participate.

All runners should arrive to practice ready to run with:

- A completed physical and clearance packet. Forms for this packet can be found on www.alisoniguel.com
- comfortable, quality **running** shoes that have at least ¾ inch of extra toe room
 - best to purchase at *Snail's Pace* in Mission Viejo or *Roadrunner Sports* in Laguna Hills. Mention that you are a Aliso Niguel high school athlete and you will get a discount.
- a digital or GPS watch (Garmin or Apple Watch is recommended)
- A bottle of water

No prior running experience is necessary.

Training will consist of: distance runs of up to 7 miles (for the top athletes)
intervals
tempo runs
fast paced shorter runs
medium-paced recovery runs
Weights and Cross Training



Who: **ANHS Girls Returning and Incoming Runners**

Scan to join Interest List!

Where and When: Dates 7/14-8/14:
Mon- Thurs- Aliso Niguel Parking lot (some workouts will meet off-campus)

Times: 7:30-9:30 AM

Requested Donation: **\$175**

Due the first week of practice with registration form

Checks made out to "OS Wrestling Academy" or Venmo to OSWrestlingacademy

(All donations are 100% Tax deductible as a 501c3 organization)

For additional information, please email: Coach Greg Colwell at: gacolwell@capousd.org

SUMMER Girls Cross Country REGISTRATION

Date - _____

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

Activity Title	School	Date	Requested Donation
Girls Cross Country	Aliso Niguel	Summer 2023	\$175
TOTAL			

Make all checks payable to "OS Wrestling Academy"



"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"