



Aliso Niguel Boys Cross Country



Summer Training Program to prepare for Fall 2025 Season

Practice Dates & Days/Times:

June 30th – August 14th

Monday, Tuesday, Wednesday, & Thursday: 7:00 – 9:00 A.M.

Practice Location:

All practices and tryouts begin in front of the Main Gym at Aliso Niguel HS. Roll will be taken, announcements will be made, and directions will be given for the day's run/workout.

Training:

This summer training program is intended to prepare an individual for participation on the Boys Cross Country Team for the Fall 2025 season.

****Participation in the summer program, however, in no way guarantees a position on any school team. A position on the team for the fall season will be earned by completing a successful tryout (tryout dates and standards are listed below).**

Training will consist of:

- distance runs, varying in intensity and distance to build aerobic endurance
- tempo runs and lactate threshold repeats to improve ability to work through muscle burn and fatigue associated with the point where aerobic activity becomes anaerobic activity
- sprints/plyometrics to build strength and improve high-end speed, running form, efficiency, & pacing
- high intensity repeats (between 400m and 1600m/1-mile) to improve distance racing speed and race pacing; run/repeat volume and pacing will be dependent upon athlete fitness level and experience level
- moderate recovery runs will be completed on your own on the days we do not meet

Other Important Information

- **Athletic Clearance MUST be complete prior to participation** (see “Athletic Clearance” at alisoathletics.com)
 - Physical Clearance available at ANHS May 21/ 22, 3:30-6:00 P.M. (see athletics site for more details)
- Your training prior to attending the summer program is **VITAL** to success in the summer program and in the potential fall season. You **MUST** be able to run continuously (**WITHOUT STOPPING**) at a comfortable pace for **at least 45 minutes** (preferably an hour), 5 days a week, when you show up to the first summer practice. Time and intensity will build upon that minimum base. If you are able to run for a longer amount of time or at a faster pace, that's great, but you need **at least** that minimum base to prevent injury as the summer progresses. **This training is VERY different from the marathon training that many of you have done – DO NOT assume that you are ready for cross country just because you ran with WeROCK and/or finished the OC Marathon. We train more frequently AND at greater intensity – be ready for it!**
- Show up on time for practice with the necessary gear: quality **running shoes** (not cross trainers, Jordans, Vans, etc.), appropriate running clothes, digital watch or GPS watch, and a water bottle or some other type of fluid replacement drink (Gatorade, Powerade, etc.).

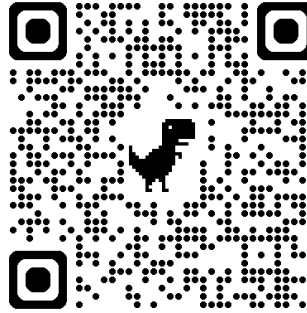
****Tryouts:** Each tryout for boys cross country will consist of completing the ANHS 3-mile cross country course in a set time based on age and/or prior participation in the cross country program at ANHS.

*****Participation in the summer training program is not required for any of these tryouts. However, an online athletic clearance IS required! No completed clearance = no tryout!**

Tryout dates: Tryout #1: Thursday, July 10 - 7am (“Where is your present fitness?” / standard-setting time trial)
Tryout #2: Thursday, July 31 - 7am (“After a month...” eval./tryout to see improved fitness)
Tryout #3: Thursday, August 14 - 7am (Final Tryout - after 7 weeks of solid training)

Tryout standards: Incoming freshmen – 21:30 minutes
All others – 21 minutes

2025 ANHS Boys XC Interest Form - QR code



→ If you have not yet done so, please use the QR code above or email Coach Walsh at jjwalsh@capousd.org to express your interest in running for Aliso. If you have any questions about the summer training program or Fall Cross Country season, please feel free to send him a brief email.

Boys XC Summer Program Suggested Donation: \$250

*(Registration & suggested donation information below)

Please complete the following to register for this summer training camp:

- 1) Complete the online clearance process and submit all necessary paperwork online prior to the first tryout or prior to the first attended practice if unable to attend the first tryout. No tryouts or practices will be allowed if this clearance is not completed in its entirety. Please get this completed early so as to not miss out on any tryouts or practices!
- 2) Please provide the requested donation via the online Wolverine Marketplace (using the following directions). Aliso's ASB prefers this method for summer program donations to be made.
 - a. Please go to the school website (alisoniguel.capousd.org), then click on the link for "Activities."
 - b. In the pulldown menu, please select "Wolverine Marketplace."
 - c. In the "Product Categories" pulldown menu, please select "Sports" and look for the Boys Cross Country Summer Program link.
 - d. Please follow the directions from there to submit credit card information and make a donation that will allow the summer program to function successfully.
 - e. ****Only if necessary**** A check payable to "Aliso Niguel High School" can be provided in lieu of the use of the Wolverine Marketplace for submission of a donation. If this method is used, please submit this to Coach Walsh ASAP to ensure early depositing with the Aliso ASB clerk.

"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."

