



ALISO NIGUEL HIGH SCHOOL



Boys Cross Country 2021 Summer Training Program

Practice Dates & Times: July 5th – July 26th, and August 2nd – August 12th; Mon., Tues., Thurs., and Fri.: 7:00 – 9:00AM
→ NO training program practices held Tuesday, July 27 through Friday, July 30 – Coach Walsh will be out of town.

Practice Location: All practices and tryouts will begin in front of the Main Gym on the Aliso Niguel HS campus. Please be patient with any potential construction modifications to this – construction will be ongoing on campus and at the track. Roll will be taken and any COVID protocols dealt with, and then practice will begin.

Training: This summer training program is intended to prepare an individual for participation on the Boys Cross Country Team for the Fall 2021 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 (**see tryout dates and tryout standards listed below).**

Training will consist of:

- distance runs, varying in intensity and distance (up to 11+ miles for the top athletes) 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 workouts to build strength and improve high-end speed, running form, efficiency, & pacing
- high intensity repeats (generally 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 (Wednesday and Saturday)

Other Important Information

- **Athletic Clearance MUST be completed online to participate** (see “Athletic Clearance” at alisoathletics.com)
- 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 finished the OC Marathon. We train more frequently AND at greater intensity – be ready for it!**
- Show up on time for practice - see the dates and times above - with the necessary gear: quality **running shoes** (not cross trainers, Vans, etc.), appropriate running clothes, digital watch or GPS watch, and a water bottle or some other type of fluid replacement drink (Gatorade, Powerade, Cytomax, 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 – Tuesday, June 8, 7am (Prior to start of Summer Training Program – establish a fitness level?)
Tryout #2 – Thursday, July 8, 7am (Did you train over the last month after seeing where you started?)
Tryout #3 – Thursday, July 22, 7am
Tryout #4 – Thursday, August 12, 7am (Final Tryout – after 6 weeks of Summer Training Program)

Tryout standards: Incoming freshmen – 21:30 minutes (**see attached map for cross country course**)
All others – 21 minutes

As in-person meetings are not yet being held, PLEASE email with any questions that you may have about the summer training program or with any questions you may have about cross country.
Head Coach – John Walsh at jjwalsh@capousd.org

Requested Donation: \$240 *(Registration & requested donation information is on pg. 2 of this packet)

Please complete the following to register for this activity:

- 1) Complete the registration information below. **This completed sheet should be returned to Coach Walsh at the first tryout or at the first attended summer training program practice.**

- 2) **Please provide the requested donation via the online Wolverine Marketplace** (using the following directions). This is the preferred method for summer program donations to be made.
 - a. Please go to the school website (alisoniguel.com), 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 “Athletics” 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 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.

- 3) 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!

<u>Activity Title:</u> Boys Cross Country Summer Training Program
Participant’s Last Name, First Name:
Street Address:
Parent(s)/Guardian(s) Name(s) and phone number(s)
Parent(s)/Guardian(s) email address(es)
Emergency contact name and phone number (if other than parent(s)/guardian(s))

“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.”

