

# Aliso Niguel Wolverines

## Girls Cross Country

### 2009

## Team Information and Summer Practice Details

The Aliso Niguel Girls Cross Country Team invites you to participate in Cross Country! We will begin practicing for the fall season during the summer.

### What you need to do in order to participate in Girls Cross Country:

1. Sign up for the Cross Country class when you organize your schedule for the fall. (During the season, practice times are held during school and: Mondays until 4:30, Tuesdays and Thursdays until 4:00, Wednesdays and Fridays until 5:00 and Saturdays from 6:00 -8:00 AM).
2. Get a physical and clearance form (from school website), fill it out and get a physical. Turn it in on the first day of practice in July.
3. Show up for practice with:
  - comfortable, quality **running** shoes that have at least  $\frac{3}{4}$  inch of extra toe room  
(best to purchase at *Snail's Pace* in Laguna Hills, *Fleet Feet* in Dana Point or *Roadrunner Sports* in Laguna Hills)
  - a digital watch
  - a bottle of water**and be ready to run**
4. You do not need to have experience and you do not need to be in great shape, but you do need to WANT to run and have the desire to improve!
5. Who will make the team:  
**Runners who run the Aliso Niguel Cross Country 3-mile course in 26:00 or less on try-out day: Wednesday, September 9<sup>th</sup> . We will meet in the ANHS stadium.**
6. **Costs for the Cross Country season:**  
Summer practice fee: (optional and covers insurance and coaching) \$100  
Mammoth camp: (optional) \$300  
Clothing: t-shirt, game day shirt and possibly a thin long sleeved item- \$25-50  
Transportation: \$45  
Fundraising: \$50

**Practice Dates for Summer:** Practice in summer is optional, but will allow the runner's training to progress and will aid in preventing injury.

**1. Serious-Training-Begins practices:** Monday-Saturday: 8 AM- 10 AM  
July 13<sup>th</sup> - August 8<sup>th</sup>

Four weeks of training will consist of:  
slower distance runs of up to 13 miles (for the top athletes)  
mile-repeat runs  
fast paced shorter runs  
medium-paced recovery runs  
yoga on the beach  
pilates mat training

**Location for weekday practices:** Strands Beach parking lot where Selva (just south of Niguel Rd) meets PCH.

**Location for Saturday practices:** ANHS track

The fee for these practices is \$100. This covers insurance and coaching costs for the athletes. Make checks payable to "Stacy Middlebrook". Due on or before July 13<sup>th</sup>.

**2. 9th Annual Mammoth Running Camp:** August 9<sup>th</sup>- 13<sup>th</sup>

This is our annual camp. We will:

stay in condos  
take turns cooking meals  
run up to 3 times a day  
do yoga in the mountains  
have cooking lessons  
learn about nutrition  
analyze running form  
become closer as a team

Cost: \$300. Due: June 30<sup>th</sup>. Further details will be sent to athletes who sign up for Cross Country. (Due to high demand, and in order to preserve our Mammoth traditions, all can register for the camp, but only the top 30 will be invited to go. Girls who do not make the top 30 will be refunded. Individuals determined by the third week of summer practice.)

**3. Serious-Training-Continues On Campus at ANHS at the stadium:** Monday- Saturday: 6:00-8:00 A.M.. August 15<sup>th</sup>- September 7<sup>th</sup>.

Three weeks of training will consist of:  
slower distance runs of up to 15 miles (for the top athletes)  
mile-repeat runs  
fast-paced shorter runs  
medium-paced recovery runs  
interval training  
course practice sessions (for the try-outs)  
early morning yoga  
pilates mat training

The fee for this session is covered by the initial \$100 camp fee.

**4. School begins after Labor Day on September 8<sup>th</sup>.** We will begin class and after school practice on that day.

## **Aliso Niguel Girls Cross Country Informational Parent and Athlete Meeting**

**Monday, May 18<sup>th</sup> at 6:30 P.M.**

**Aliso Niguel High School theater**

We will be discussing the details of the season, the running camps and answering questions

### **Sign-ups for summer camp practice sessions and Mammoth camp:**

- May 18<sup>th</sup>: at the parent meeting
- May 19<sup>th</sup> – June 19<sup>th</sup>: mail checks to: Coach Stacy Middlebrook, 28000 Wolverine Way, Aliso Viejo, CA 92656
- June 20<sup>th</sup> - July 13<sup>th</sup>: mail checks to: Coach Stacy Middlebrook, 5008 Camino Escollo, San Clemente, CA 92673

Any Questions?\_Bring them to the meeting  
or e-mail Coach Middlebrook at **[ssmiddlebrook@capousd.org](mailto:ssmiddlebrook@capousd.org)**