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**CROSS COUNTRY**

UNIVERSITY CITY HIGH SCHOOL

**CENTURIOS**



## Team practice for incoming Freshmen begins Monday, June 21 5:00 p.m. at University City HS Track

Welcome to the team. This will be a fun, easy practice to introduce everyone to the team and set our goals for the summer and the upcoming season. If you can't make it to the first practice, come to the next practice that you are able to attend, and send me an email so that I know that you are interested in being a member of this great team. I am looking forward to meeting this great group of talented freshmen.

### Summer Mileage Goals:

	Girls	Boys
Freshmen	275	325

## Summer Training 2010

#	Week of	Column	
		E	F
1	June 21-27	20	15
2	June 28-July 4	23	17
3	July 5-11	27	20
4	July 12-18	30	23
5	July 19-25 (rest)	30	23
6	July 26-Aug 1	33	26
7	Aug 2-Aug 8	36	29
8	Aug 9-15 (camp)	45	40
9	Aug 16-22 (rest)	26	22
10	Aug 23-29	40	35
11	Aug 30-Sept 5	40	35
12	Sept 6-12	40	35
<b>Summer Total</b>		<b>390</b>	<b>320</b>

### Weekly Practice Schedule:

**Monday, Wednesday, and Friday** we will be meeting at the University City High School track throughout the summer at 5:00 p.m. Workouts will vary each day, and should go until about 6:45 p.m.

**Tuesdays** throughout the summer we will be meeting at Rancho Penasquitos Preserve at 5:00 p.m. to run on the trails. Only 10 minutes away from UC, this will be one of the most important runs of the week.

**Thursdays** throughout the summer we will be meeting at Mission Bay at the "runners bathroom" just south of the Information Center, 5:00 p.m. We will have addresses and emails to everyone so that we can coordinate rides to the bay.

### Summer Dates to Remember:

**August 8-15:** Sequoia Running Camp. This is the 24th annual camp and will include many runners from several different high schools from around the state. Many athletes bring their entire families for this great week in the mountains. Go to <http://www.uccrosscountry.com/runningcamphome.html>

**September 4:** Our first competition, before school begins. This is a very low-key race that is only 1.5 miles long and flat. Our team does extremely well here because not many teams have freshmen that train during the summer.

### To Do:

**Consistency:** Be at practice every day. Our sport is fitness based, and your bodies will get very fit over the summer, but we have to work out every day. Please let me know when you have vacation and other obligations so we can work around them.

**Doctor's Physical:** We must have a blue form with a doctor's physical before you can compete in any sport at UCHS. This needs to be done only once each year and will allow you to compete in all sports for the entire year. Go to <http://universitycityhigh.org> and go to Athletics and then Forms

**Contact:** Jim McCarthy, Head Coach 619-206-9814 [gimimac@sbcglobal.net](mailto:gimimac@sbcglobal.net)