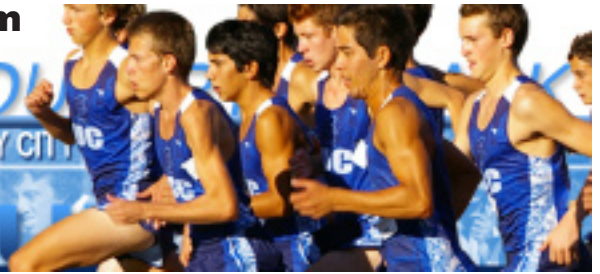




visit us at: uccrosscountry.com

CROSS COUNTRY
UNIVERSITY CITY

UC
CENTRAL



Team practice for incoming Freshmen begins Thursday, June 15 8:30 a.m. at Standley Park (Between the school and the Pool)

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 Training 2017

Weekly Practice Schedule:

Monday, Wednesday, and Friday we will be meeting at Standley Park throughout the summer at 8:30 a.m. Workouts will vary each day, and should go until about 10:30 a.m.

Tuesdays throughout the summer (beginning June 27) we will be meeting at Rancho Penasquitos Preserve, West Entrance, at 8:30 a.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" (beginning June 29) just south of the Information Center, 8:30 a.m. We will have addresses and emails to everyone so that we can coordinate rides to the bay.

Saturdays throughout the summer we will be meeting at various locations around the county with several other schools at **8:00 a.m.** (not 8:30). Dates and locations will be posted on our website.

Summer Dates to Remember:

August 6-13: Sequoia Running Camp. This is the 31st 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. Parents Meeting on July 19 TBA. Go to http://www.uccrosscountry.com/rc_home.html

August 27: Our first competition is before school starts. 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 an athletic form on file with a doctor's physical before you can participate in practice or competitions. This needs to be done before August 6 and will allow you to compete in all sports for the entire year. You will be required to go to AthleticClearance.com and follow the instructions to register through this website. I will have a link on our web page to all athletic packet information.

Contact:

Jim McCarthy, Head Coach 619-206-9814 gimimac@sbcglobal.net