



# SMCHS XC Summer Camp

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Incoming-Freshmen/New-Runner/Returners Information

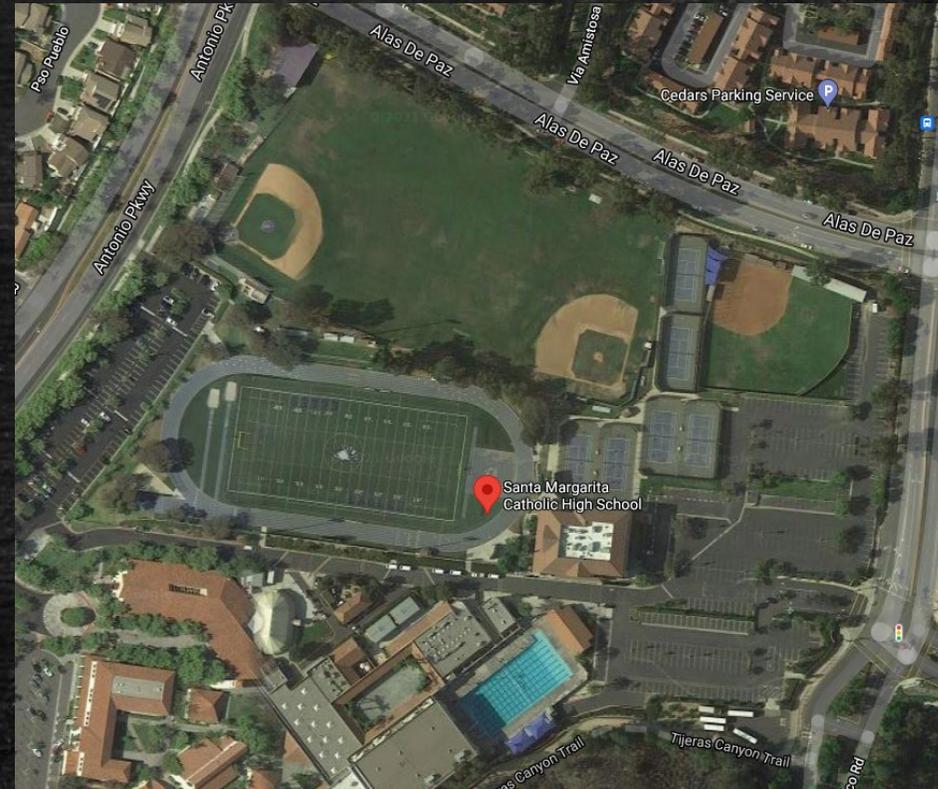
# What We Will Cover

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- Important Dates and Locations
- Registration and Fees
- Team Communication: Team Snap
- Practice Gear/Uniform
- Mammoth Camp
- Parent and Student-Athlete Questions

# Important Dates and Locations

- SMCHS Cross Country Summer Camp:
  - June 19<sup>st</sup>-July 20<sup>th</sup> M-TH, Sat
  - 8-10am
- Location:
  - Monday-Thursday at SMCHS
    - When we meet on campus we meet on the track, at the Track Monument.
  - Saturday- TBA



# Important Dates Cont.

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- Summer Social Thursday 6/1 Ballpark Pizza, 6PM
- CIF Dead Period 6/2-6/16
- Mammoth Camp July 24-30 \*
- 1<sup>st</sup> day of class August 10<sup>th</sup>.
- HI trip 9/5-9/10 \*
- Trinity League Preview Friday 9/29
- Trinity League Finals Friday 10/27
- CIF Prelims 11/11 \*
- CIF Finals 11/18 \*
- State Champ 11/25 \*

\* Varsity only

# Physicals + Registration + Fees

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- Every athlete will need to be registered for the summer camp and be fully cleared with a physical before the start of the summer camp.
- Athletic Clearance:
  - SMCHS Website>Athletics>Sports Medicine
  - <https://www.smhs.org/athletics/sports-medicine>
- Register for summer camp on the SMHS Athletics website:
  - SMHS Website>Athletics>Incoming 9<sup>th</sup>/Returning Camps>Cross Country
  - <https://www.simplenetix.com/e/2023-boys-girls-cross-country-summer-train-tickets-117163>
  - \$300

# Team Communication: TeamSnap

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- For communication between Coaches and Parents/Students, SMCHS Athletics uses an app called TeamSnap.
- Once you register for the Summer Camp, I will be able to send you invitations to join the SMCHS XC Team on TeamSnap.
- All team communication will happen through this app. This includes team emails as well as person to person communication with the coaches.
- It is the student's responsibility to check their emails/TeamSnap regularly to stay up to date on team information.
- **Download the App on your phone and use your desktop email.**



# Practice Gear For Summer

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- Every Athlete should come to practice focused and ready to work hard. Part of this is showing up with the appropriate gear for both maximum performance as well as health and safety.
- Running Shoe:
  - A quality pair of running shoes with the proper fitting and support will aid in training and help prevent injuries.
  - You can get fitted for a shoe at a Snail's Pace in Mission Viejo or Road Runner Sports in Laguna Hills. These specialty running stores will evaluate your gait and make sure you are in the shoe that has the appropriate support and cushion for you as an individual.
  - SMCHS is a Nike school, but there is no "best brand." All brands have a slightly different fit and you should find a shoe that best fits your unique foot.

# Practice Gear Continued

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- Watches are a very important part of training. In running your performance is judged by time, whether we are tracking times during a workout or overall running times during distance runs. This is also important for safety; when we send the kids out on a run, we will often give them a time or a distance/landmark to run to. Wearing a watch ensures the kids don't run too long and helps us keep track of the athletes and their progress throughout practice and the season.
- Watch: any sports watch will suffice with a stopwatch function
  - Regular Chronograph sports watch, will at least help keep time for your runs and interval training
  - GPS, will keep time for your runs and interval training but will also track your pace and distance during runs.

# Practice Gear Continued

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- Practice Uniform for New and Incoming 9<sup>th</sup> graders: athletic or running shorts (blue/black), and t-shirt or tank top (white/blue). Brite colors or inappropriate logos are not allowed.
  - At the start of summer camp, we will open a team store where the students can purchase SM practice uniform and their racing jerseys/shorts, along with other SM XC gear like sweats and tights.
  - Practice and Race uniforms are a requirement.
- Water Bottles: Hydration is important, especially in the summer heat.
- Recovery: fruit, PPJ sandwich, granola bar, protein bar/powder, etc..
  - After your workout, your body tries to rebuild its glycogen stores and repair and regrow muscle with proteins. Eating the right nutrients soon after you exercise can help your body get this done faster. It is particularly important to eat carbs and protein after your workout.

## 2 Sport or Club Athletes

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- Running Cross Country can be a secret weapon for many athletes looking to improve their performance in their perspective sports.
- For those who are participating in other club/summer camps, our policy is as follows:
  - We want as many kids to participate in our camp and on our team as possible. We understand that many kids do multipole sports year-round. To help accommodate schedules and prevent injuries, all we require is:
    - 1) Communication with Coach Powers about the dates and times.
    - 2) Attendance for all availed days that do not conflict.
    - 3) If in season (Fall) we require the above plus attendance at the start of practice for roll call and team meeting, at which point you will be dismissed to go to your club soccer/basketball/baseball/softball...etc.
    - Note: club track or running is not permitted for SMCHS runners for any reason.