



## GHS 2020 XC Summer Training Camp

For anyone planning on making the most of their 2020 XC Season, the 2020 XC Summer Training Camp is a must. There is no better way to stay motivated and get fit than by running with your teammates in a structured format, proven to get results. If you have a choice, don't be the only one to show up at the beginning of the school year without a solid foundation to build upon.

It's a guarantee that athletes who participate in Summer Training have better odds of staying injury free, reaching their potential, and having a fun and rewarding season.

### ***Why does it make a difference?***

- 1. Allowing a longer more gradual buildup in training gives muscles, bones and connective tissues more time to strengthen and gain needed flexibility to avoid injuries as the training volume, intensity, and racing frequency increases.*
- 2. For beginners, having coaches present during the early stages of their season can often prevent simple errors in training, limiting the risk of injury and increasing their potential for success.*
- 3. Developing the systems in the body necessary to compete safely and at a highly competitive level take time. With races beginning in early September, those who miss out on summer training do not have time to fully prepare themselves for best performance.*
- 4. Because training is more fun with friends!!*

**Dates:** June 1st through July 3rd

**Cost:** \$135 Per Athlete Payable to "Glendora Athletics Inc." and turn in to Renee Emis or Wendy Cadima.

**Included:** Structured training program under Coaches supervision, Weekly Clinics, Camp Training Shirt

**Times and Locations:** Beginning June 1st at 5:00 PM @ GHS

	Monday	Tuesday	Wednesday	Thursday	Friday	*Saturday
Morning	8:00 AM GHS Varsity/ Optional for all athletes		8:00 AM GHS Varsity/ Optional for all athletes		8:00 AM GHS Optional for all athletes	8:00 am La Verne Trails/Snow Creek  *locations will vary
Evening	5-7:30 PM  GHS	5-7:30 PM  Bonelli	5-7:30 PM  GHS	5-7:30 PM.  Bonelli	5-7:30 PM.  Bonelli	

Practice times and locations for Morning will be given at the first workout session.



# GHS 2020 XC Summer Training Camp

GHS 2020 Summer Training Camp Application or complete it online at  
<https://tinyurl.com/xcsummerapp2020>

Athlete Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Jr. High Attended: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_ email: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_ email: \_\_\_\_\_

Please list any medical conditions coaching staff should be aware of: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Please describe your previous experience with running including years of experience, significant P.Rs, etc.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*If an athlete uses an inhaler or other device that may be needed in an emergency, athletes should carry on their person at all times and coaches must be made aware. We are sometimes several miles away from where we begin our run and getting back to our location to retrieve medications or inhalers is not always possible.*

- In addition to filling out the above application, all athletes must submit a copy of their completed physical to GHS Athletics Office as well as have completed their registration on [www.glendoraathletics.com](http://www.glendoraathletics.com)

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## **PAYMENT INFO: FOR BOOSTER CLUB ONLY**

Paid by Check # \_\_\_\_\_

Cash (Receipt #) \_\_\_\_\_



# **GHS 2020 XC Summer Training Camp**

Received by \_\_\_\_\_