**Girls XC Important Dates and Information**

**(Summer sign up form on page 2)**

**THE BOHS GIRLS XC SUMMER PROGRAM BEGINS MONDAY, JULY 8TH. OUR 1ST PRACTICE IS AT BREA JR. HIGH PARK AT 4:00.**

**ATHLETE CLEARANCE**

***All athletes must be cleared in order to participate in the summer program*.**  Please have your daughter cleared on [www.athleticclearance.com](http://www.athleticclearance.com).  Please make sure you are clearing for the 2018/2019 school year and you print out/sign/turn in the parent signature page as well as the page on opiods.  This is the final step of clearance.

**SUMMER DONATION**

The donation for the summer program is $125.  The donation can be made in cash or check. Checks should be made payable to BOHS.  It is very important to have enough coaches to monitor the girls on the runs (at this time we have 4) and this cannot happen without proper funding.

**BIG BEAR TRAINING CAMP**

Our annual Big Bear Camp will take place from July 29th to August 2nd.  The cost of this trip is $300 per athlete.

This camp is one of the most important weeks of the summer training program.  Aside from the altitude training, the team bonding is instrumental as we move into the season.  We will take all athletes that are capable of the training that will be done this week. The Big Bear sign up forms/permission slips will be distributed to athletes the first week of summer training camp.

**SUMMER PRACTICE SCHEDULE**

The first day of summer training will be on Monday, July 8th.  We will meet at 4:00pm at Brea Jr. High park. All practice locations will be available on [www.breaxc.com](http://www.breaxc.com).  Mondays will be at 4:00pm while Tuesday-Friday workouts will be at 7:42am. Please contact me if you need a ride arranged to or from practice.

**PARENT MEETING:**

We will be having a parent meeting on Tuesday, July 9th at 7pm in the cafeteria at BOHS.  Coaches will be discussing the summer program including camp and what to expect over the summer leading into the sea

son.

**CAPTAIN LED WORKOUTS**

Many of the girls will be meeting for training runs leading up to the first day of summer training.  A schedule of places/times will be posted on [www.breaxc.com](http://www.breaxc.com).

**TRAINING SHOES**

All girls should have shoes that are ONLY used to run.  These should be a training shoe. **DO NOT** buy the Nike RN.  These are typically black/white and have very little to no support and lead to leg injuries.  Buy a heavier training shoe that feels good on your feet. Do not let the salesperson push you into a certain shoe...get what feels best to you.

**PLEASE PRINT AND BRING WITH YOU TO 1st PRACTICE (July 8th)**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Grade\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City\_\_\_\_\_\_\_\_   Zip\_\_\_\_\_\_\_

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent(s)/Gaurdian name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_    Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   Relation\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

T-shirt size\_\_\_\_\_\_\_\_ DOB\_\_\_\_\_\_\_\_\_\_\_\_

Vacation Dates (during summer xc)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Please attach summer camp donation of $125 here.

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