**Brea XC Important Dates and Information**

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

**THE BOHS XC SUMMER PROGRAM BEGINS WEDNESDAY, JULY 6TH. 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 Athlete cleared on [www.athleticclearance.com](http://www.athleticclearance.com).  Please make sure you are clearing for the 2022/2023 school year.

**SUMMER DONATION**

The donation for the summer program is $150.  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 team on the runs and this cannot happen without proper funding.

**BIG BEAR TRAINING CAMP**

Our annual Big Bear Camp will take place from July 25th to July 29th.  The cost of this trip is $350 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. The Big Bear sign up forms/permission slips will be distributed to athletes the first week of summer training camp. Due to strict occupancy rates in Big Bear, we may have to limit the number of athletes for the trip.

**SUMMER PRACTICE SCHEDULE**

The first day of summer training will be on WEDNESDAY, July 6th.  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/Wednesdays will be at 4:00pm while Tuesday/Thursday/Friday workouts will be at 7:32am. Please contact me if you need a ride arranged to or from practice.  Practices will typically be about an hour and a quarter to 1 ½ hours.

**PARENT MEETING:**

We will be having a parent meeting on Tuesday, July 12th at 5:30pm in the cafeteria at BOHS.  Coaches will be discussing the summer program including camp and what to expect over the summer leading into the season.

**Pre-Summer Camp WORKOUTS**

Many of the team will be meeting for training runs, beginning June 13, leading up to the first day of official summer training.  A schedule of places/times will be posted on [www.breaxc.com](http://www.breaxc.com).

**TRAINING SHOES**

All athletes should have shoes that are ONLY used to run.  These should be a training shoe. Look for a shoe that is comfortable on your feet. Do not let salespeople push you into a certain type of shoe!

**PLEASE PRINT AND SUBMIT TO COACH V/SEND TO BOHS/ OR BRING WITH YOU TO 1st PRACTICE (July 6th)**

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)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Please attach summer camp donation of $150 here.

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