

KING HIGH CROSS COUNTRY

#XC4LIFE

July 1, 2017

Parents, athletes!

Welcome to our 2017 season! Whether you're a brand-new rookie or a seasoned veteran, we are excited about what the season will hold for us, which unofficially starts on July 24th with our summer camp!

You're getting this letter since at some point you expressed interest in joining our teams! If you're an incoming 9th grader, welcome to King High – this will be a fantastic way to get your high school experience going! Vets, welcome back!

Here are a few things we need you to be aware of with Summer Camp just three weeks away.

COMMUNICATION

If you haven't checked out our website, please do! It's www.kingcrosscountry.com and is updated weekly throughout the summer weeks. You can also find us on facebook, twitter and Instagram. Lastly, I communicate often by email, so if you have NOT received an email from me yet, I don't have your email address. Please drop me a note at bradapeters@gmail.com to get on my list! Thanks!

SUMMER CAMP AND SUMMER RUNNING!

It's coming in three short weeks! We meet at school at 7:00 AM and are done by 9:00 AM most mornings. **You will need to have the following in order to participate in the summer camp.**

1. RUSD Athletic Packet

completely filled out and a doctor's physical (and paperwork signed by the DR)

2. Payment of \$115, **payable to**

"King Cross Country Booster Club". Do NOT mail this to school as with office personnel out during the summer, we may not see it. Bring the check and the RUSD packet with you on the first day of camp. Your payment goes to cover coaching, a dri-fit t-shirt, team parties, food and drink

If you haven't started on your training, now is the time! Champions in the Fall are made in the Summer – don't delay! Go to www.kingcrosscountry.com and click on "Training recommendations for the week" and follow our guidelines. Our training system works if it's followed – you will not be disappointed!

MAMMOTH CAMP – ADVANCE AND IMPORTANT INFORMATION

We will take our 18th annual trip to the High Sierra's during the week of August 6-12. Approximately 28-30 participants will be extended an invitation by the end of the first week of summer camp. The criteria the coaches use to determine this list is the following:

Learning ~ Integrity ~ Faithfulness ~ Excellence

1) a high level of fitness upon the start of summer camp. This is most important, as invitations will be extended at the end of the first week of Summer Camp

2) attendance at summer camp

3) positive attitude toward the sport and the team

4) and talent.

Rookies to KXC are evaluated on a less-rigorous standard than returning runners are. We will announce the roster for the camp about July 30. The cost of the camp is separate from summer camp and usually runs approximately \$325-\$340 for all expenses but fast food there and back.

There is no summer camp in Riverside during that week, but will resume again on August 14.

UNIFORM

Once you've made the team, the uniforms will be available for purchase in early September. (They are same as last year, so veterans do not need to purchase a new one) The cost is approximately \$75. These should last the duration of your time at King High.

Well, that's it for now! We're looking forward to the start of camp! If you haven't yet started on your fitness, get going now! There are recommendations on the website; you won't be disappointed that you did!

Coach Peters

www.kingcrosscountry.com

