

Welcome to King High XC!

We're excited that you're interested in joining our program! King XC is one of the most successful athletic programs at King High and we're thrilled to potentially have you be a part of it! Please read through the enclosed papers that should answer many of your questions and guide you to a successful start to our summer camp and season. Feel free to email Coach Peters if you have any questions!

Thanks,
Coach Peters

KING HIGH CROSS COUNTRY

SUMMER CAMP AND PROGRAM INFORMATION

FIND US ON THE INTERNET!

www.kingcrosscountry.com

Facebook: "King High Cross Country"

Instagram: "kinghighxc"

www.twitter.com/kingrunning

Remind Text: "kinghighxc"



Email Coach Peters: bradapeters@gmail.com

THE BASICS: WHAT YOU NEED TO PARTICIPATE IN OUR SUMMER CAMPS

Physicals/Paperwork: All athletes must redo their doctor's physical and RUSD Emergency Packet and submit to Coach Peters on July 23.

Cost of the camp: The fee for the summer camp is \$90. This fee provides a t-shirt to all participants, food and beverage on occasion, pool party with dinner served and a small stipend for the coaching staff.

This is payable to "King High Cross Country". Bring this payment to the first day of camp. If paying with cash, bring exact bills.

KING XC SUMMER CAMP CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY 23 summer camp starts 7:00 AM At KHS	24 7:00 AM/KHS	25 7:00 AM/KHS TT #1 for 6th period selection	26 7:00 AM/KHS	27 7:00 AM/KHS Angel game team outing	28 7:30 AM at Gage Canal
30 7:00 AM/KHS	31 7:00 AM/KHS Time Trial #1	AUG 1 7:00 AM/KHS	2 7:00 AM/KHS	3 7:00 AM/KHS Pool Party and BBQ at the Wilbert's	4 7:30 AM at the Gage Canal
6 7:00 AM/KHS	7 7:00 AM/KHS Time Trial #2	8 6:30 AM/KHS	9 6:30 AM/KHS	10 6:30 AM/KHS	11 7:30 AM at Bonaminio park – Breakfast an

SUMMER RECOMMENDATIONS

The camp is NOT required for participation in the competitive season but is HIGHLY recommended. The camp serves two primary purposes:

- 1) It is a time for training and preparation in the goal of being selected to the team at the end of the camp.
- 2) Those desiring to be in 6th Period Athletic PE must be present (administration request) so we can determine basic fitness and ability by July 25.**

In short, you'll be missing a ton if you're not in the summer camp!

You are also encouraged to do some running BEFORE summer camp starts. Check the website, www.kingcrosscountry.com throughout the summer weeks for specifics for each recommended run.

TEAM SELECTION PROCESS AND STANDARDS

Athletes must earn a place on 2018 teams and the following are the criteria we use for team rosters.

1. **Displays a Consistent Positive Attitude.**

Athletes of any ability level who are viewed by the coaching staff during the summer camp or during the prior season(s) as being negative toward their teammates, the sport, training, the coaching staff or the well-being of the program will not make the team. Such attitudes are detrimental to the team bonding process and will not be tolerated.

Prior experience with King Cross Country will NOT guarantee a position on the team.

Internet/Facebook/Twitter posts, texting or other electronic communication that is damaging to individuals or the team as a whole will not be tolerated and if discovered will be grounds for dismissal from the team

Such characteristics of negativity, should they arise during the competitive season (after selection has been made) may result in mid-season dismissal from the team.

2. **Shows Consistent Quality Effort in practice.**

Athletes who make a habit of walking for any part of a practice after the first two weeks of the summer practice schedule will not be selected for the competitive season. Deliberately cutting a prescribed route to gain a shorter distance is viewed as showing a distinct lack of effort.

3. **Demonstrates a Minimum Ability Level.**

Concerns of safety and liability require that the coaches be able within reason, to monitor all runners on the team. Therefore, runners must demonstrate the ability to run at an adequate speed to ensure visibility and group contact. Much effort will be made by the coaches during the summer camp to motivate and instruct all runners to be able to maintain reasonable contact with the group. Should a runner NOT be able to consistently finish workouts without walking, within a reasonable time-gap of the group, such a runner will not be selected for the competitive season.

All athletes must meet minimum time standards to make the team.

STANDARDS REQUIRED FOR MAKING THE 2018 TEAMS

In order to be eligible for 6th Period Athletic PE (if desired) Rookies must meet the following standard by July 25

On a three mile course:

Girl, 9th - 11th grade rookies must run 28:00 or faster

Boy, 9th - 11th grade rookies must run 26:00 or faster

Girls in 12th grade who are rookies must run 25:00 or faster

Boys in 12th grade who are rookies must run 23:00 or faster

Those desiring to be enrolled in the 6th period PE class (generally, this is 9th and 10th graders) must

- 1) be present in summer camp
- 2) demonstrate adequate fitness by July 25 and run, at minimum, the times posted above

IN ORDER TO RACE AND MAKE THE FINAL SEASON ROSTER

All athletes on the initial roster (rookies and veterans alike) must meet the time requirements for 3 miles on a time trial that will be held on August 25.

Standards for competition are:

9-11th grade rookie girls: 25:30

9-11th grade rookie boys: 23:30

As always, the coaching staff reserves the right to select anyone for the roster for extenuating circumstances

WHAT YOU SHOULD WEAR TO SUMMER CAMP

We often model our team and our values after legendary UCLA coach, John Wooden who did not need to compromise much to achieve success. One item that he was resolute on was wearing the proper socks. One might think that he would overlook something as mundane as a pair of socks with his national championship teams, but he started with the simple things. Not wearing the right socks meant a player wasn't committed to the success of the team. Want to grow out your hair to protest the Vietnam War? Then pack your bags ... a player wasn't going to make that point while Wooden was around.

In the end his top athletes had to choose between doing things their own way or the team's way. Seven consecutive NCAA championships weren't won by the individual.

The following items on the list are not to be taken as SUGGESTIONS, but rather as REQUIREMENTS to run with excellence this season.

WEAR THESE...	DON'T WEAR
 <p>Dry-fit running t-shirts, tanks, and tops. Look the part- it makes a difference! It's been proven scientifically!</p>	<p>Long and saggy cotton shirts only help for long and saggy runs. After switching to technical shirts, wearing cotton is like wearing a coat!</p>
 <p>You will need to purchase a running watch that can record "splits". It doesn't have to be expensive</p>	<p>Well, there are no other options here. Come prepared daily with your watch.</p>

	<p>Running socks. Short, breathable, form-fitting, thin, water-resistant socks. <u>Cotton is not the fabric of our lives here.</u></p>	<p>Long cotton socks, long cotton black socks (unless you are coming from work at the office), or no socks.</p>
<p>The right, running shoes, made for high-level training.</p> 	<p>Converse, Keds, NIKE FREE's (or anything like them), or a shoe that you chose just because you like the colors. Any shoe from Payless, Target, Big 5 or on the clearance rack at Sport's Authority probably isn't a great idea. Sound elitist? Try it your way and prepare to head down to the SPORT Clinic for your injury. It's the ONE financial investment you have to make- do it the right way. You will not run if your shoes are not approved. SERIOUSLY! Go to the Running Center in Redlands to get fitted for the shoe best for you. Listen and heed their advice now and in the future.</p> <p><u>DO NOT WEAR NIKE Free's</u> (or other minimalist shoes) to practice. They will cause injury.</p>	

What is the operative word in the chart above? RUNNING!!! That's right, you chose to be a runner, now look the part. When we look good, we feel good. We feel fast. People perceive us to know what we are doing.

We value competition in our program and we want our athletes to reflect the competitive elements of distance running.

SUMMER CAMP PARENT-ATHLETE STATEMENT OF UNDERSTANDING

We, the parents and athlete participating in the King Cross Country Summer Camp have read the guidelines and descriptions of the summer camp.

- We understand that the summer camp is a separate entity from the competitive season and that the camp serves as a time to prepare physically for the competitive season and give the coaching staff of King Cross Country a basis upon which to make team selections in late August.
- We understand that participation in the summer camp does not guarantee participation in the competitive season.
- We agree to communicate with Coach Peters if/when absences are necessary during summer camp.

I, the undersigned athlete, agree to abide by the rules of safety and conduct throughout the summer camp.

Parent

Student

Date_____