

# GIRLS SUMMER XC CAMP

**Dates: July 5 - Aug 21**

**Camp Location: El Morro Elementary & Various OC Locations**

**Monday-Saturday 8:00-11:00 AM**

## **Follow the steps to register:**

- 1) Go to: [www.lbhsathletics.com](http://www.lbhsathletics.com)
- 2) Click the *Fall Sports* tab
- 3) Click the *Girls Cross Country* tab
- 4) Click the Summer XC Camp Registration link
- 5) Register for *Girls Cross Country Camp*

**Cost: \$395**

Each year Cross Country is one of the most fun, successful and popular sports at Laguna Beach High School; be a part of our great program and tradition. The summer training program is very mild for first-time runners and is very important to a successful season in the fall. Each season, those who work hard during the summer months are rewarded with outstanding performances in the fall. The summer program is a great time to develop new friendships, base training, and conditioning for the upcoming season.

## **Focus Area: Aerobic Conditioning**

Aerobic conditioning is focused on building an aerobic base. Aerobic training includes fartlek style workouts, tempo workouts, recovery runs, easy runs, and long runs. Athletes will be running 5-6 days per week. Volume is dependent upon age and experience.

## **Focus Area: Strength & Conditioning**

Strength & conditioning is designed to develop and strengthen agility, speed and power while minimizing the potential of injuries by integrating a functional training approach.

## **Coaching Staff:**

Head Coach: Steve Lalim

Email: [slalim@lbusd.org](mailto:slalim@lbusd.org)

Assistant Coaches: Tyre Hines, Aliya Neal