

# LAGUNA BEACH

## BOYS CROSS COUNTRY



Cross country at Laguna Beach High School is more than a team, it's a family. We pride ourselves on our ability to work hard, perform at an extremely high level, and bond as a team year in, year out. Our summer camp will prepare all athletes to have a successful, rewarding, and fun cross country season. Each athlete will receive an individualized training plan, strength/conditioning sessions, and workouts that are based on their ability and experience levels. In addition to training, we have many team bonding events, such as movie nights, bowling, carboloads, beach days, travel trips, and more!

### **2023 Summer Camp Information**

**Dates/Times:** July 5th - July 22th, 1:00pm-3:30pm

**Dates/Times:** July 24th - August 19th, 8:00am-10:30am

**Locations:**

- Monday-Friday @ El Morro Elementary
- Saturday, Location TBA

**Cost:** \$500

**Registration:** <https://lbhs.lbusd.org/athletics/summer-programs>

**If you are interested in joining boys cross country, please go to [Lagunabeachcrosscountry.com](https://Lagunabeachcrosscountry.com) and click join now!**