



# Long Beach Wilson Athletics



## Cross Country Summer Camp 2023

This is an exclusive camp for Wilson High School returning runners and incoming freshman student-athletes. Boys and Girls.

This camp will also serve as a tryout to allow coaches to evaluate runners and determine their rosters for the upcoming school year. Runners are strongly encouraged to participate in the summer camp. If a runner is unable to participate in the camp, they will need to contact the coaches immediately.

The majority of Cross Country runners also run Track & Field to achieve year-round training..... Distance runners in Cross Country are the same group of people as the Distance runners in Track.

### Camp Dates

First Day – Saturday June 17<sup>th</sup> 7am-9am  
\*\*\*Followed by a 2.5 week break\*\*\*

July 5<sup>th</sup>-August 29<sup>th</sup>  
Monday – Friday  
7:00am-9:30am

**Location** Wilson HS Track (Enter Gate under bleachers on 7<sup>th</sup> Street)

\$50 Donation to cover camp expenses  
Cash or checks payable to “Wilson High School”

**Equipment** Sturdy Running shoes (no Nike Free Runs)  
Wristwatch with repeating timer (timex ironman preferred)

### Coach's Information

CJ Brewer [cj.brewer.csulb@gmail.com](mailto:cj.brewer.csulb@gmail.com) 562-972-5133 (cell)

All athletes are required to submit a summer athletic program application and proof of insurance. Please download the forms from our website at [www.lbwilson.schoolloop.com/athletics](http://www.lbwilson.schoolloop.com/athletics).