



SMCHS XC Summer Camp

"As far as I'm concerned, there is no greater sport than cross country. It's probably the truest and fairest judge of human character."

-Sir. Sebastian Coe

What We Will Cover

- Philosophy
- Important Dates and Locations
- Registration and Fees
- Team Communication: Team Snap
- Practice Gear/Uniform
- Team Store: what you need to purchase
- Team Tryouts
- Mammoth Camp
- Hawaii Trip
- Parent and Student-Athlete Questions

Philosophy

- TEAM FIRST

- Emphasizes collaboration, selflessness, and sacrificing personal glory for the greater good of the team. Players who embody a "team-first" mentality are willing to put the needs of the team ahead of their own interests, working together cohesively towards achieving shared goals.

- PROCESS OVER GOALS

- ***Sustained Improvement, Reduced Pressure, Increased Adaptability, Enhanced Motivation***
- Overall, while goals provide direction and purpose, focusing on the process ensures that individuals and teams develop the necessary skills, resilience, and mindset to achieve success consistently and sustainably over time.

Important Dates and Locations

- Dead Period: May 31-June 13
- SMCHS Cross Country Summer Camp:
 - June 17st-July 18th M-TH, Sat
 - 5 Weeks
 - 8-10am
- Location:
 - Monday-Thursday at SMCHS
 - Saturday- TBA
 - When we meet on campus we meet on the track, at the Track Monument.
- Mammoth Camp:
 - July 28st-August 4th, Sun-Sun



Physicals And Registration + Fees

- Every athlete will need to be registered for the summer camp and be fully cleared with a physical.
- Athletic Clearance:
 - SMHS Website>Athletics>[Sports Medicine](#)
- Register for summer camp on the SMHS Athletics website:
 - SMHS Website>Athletics>Incoming 9th/Returning Camps>[Cross Country](#)
- \$320
- If you are not Athletically Cleared or registered before June 17th, you will not be able to participate.

Team Communication: TeamSnap

- For communication between Coaches and Parents/Students, SMCHS Athletics uses an app called TeamSnap.
- All communication will happen through this app. This includes team emails as well as person to person communication with the coaches.
- It is the student's responsibility to check their emails/TeamSnap regularly to stay up to date on team information.



Practice Gear

- Every Athlete should come to practice focused and ready to work hard. Part of this is showing up with the appropriate gear both for maximum performance as well as health and safety.
- Running Shoe:
 - A quality pair of running shoes with the proper fitting and support will aid in training and help prevent injuries.
 - You can get fitted for your shoes at Snail's Pace in Mission Viejo or Road Runner Sports in Laguna Hills. These specialty running stores will evaluate your gait and make sure you are in the shoe that has the appropriate support and cushion for you as an individual.

Practice Gear Continued

- Watches are a very important part of training.
 - In running your performance is judged by time, whether we are tracking times during a workout or overall running times during distance runs.
 - This is also important for safety; when we send the kids out on a run, we will often give them a time or a distance/landmark to run to.
 - Wearing a watch ensures the kids don't run too long and helps us keep track of the athletes and their progress throughout practice and the season.
- Watch: any sports watch will suffice with a stopwatch function. In addition to time, GPS watches track distance and pace.

Practice Gear Continued

- Practice Uniform for Summer and Fall: athletic or running shorts (blue/black), and t-shirt or tank top (white/blue). Brite colors or inappropriate logos are not allowed.
- Water Bottles: Hydration is important, especially in the summer heat.
- Recovery: fruit, PPJ sandwich, granola bar, protein bar/powder, etc..
 - After your workout, your body tries to rebuild its glycogen stores and repair and regrow those muscle proteins. Eating the right nutrients soon after you exercise can help your body get this done faster. It is particularly important to eat carbs and protein after your workout.

Team Store



Everyone will
receive a singlet

These will also be
good for track and will
be the singlet for all
levels in track as well.

\$34.50

Team Store

**ORDER BY
MAY
16**

**SANTA MARGARITA CATHOLIC HS
CROSS COUNTRY 2024**

 <p>\$33.99 Nike Men's Team Legend Short Sleeve Tee</p>	 <p>\$33.99 Nike Women's Team Legend Short Sleeve Tee</p>	 <p>\$30.99 BSN SPORTS Women's Training Shorts</p>	 <p>\$21.99 BSN SPORTS Agility Non-Pocket Short</p>	 <p>\$60.99 Nike Dry Franchise Polo</p>
 <p>\$60.99 Nike Women's Dry Franchise Polo</p>	 <p>\$41.99 BSN SPORTS Men's Cotton Rich Fleece Hoodie</p>	 <p>\$40.99 BSN SPORTS Women's Cotton Rich Fleece Hoodie</p>	 <p>\$36.99 BSN SPORTS Men's Cotton Rich Fleece Joggers</p>	 <p>\$35.99 BSN SPORTS Women's Cotton Rich Fleece Joggers</p>

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BSNSPORTS
MTS Customer Support - ref # 11631126
1-800-749-3813 | myteamshop@bsnsports.com
Team Coordinator Mike Powers powersm@smhs.org

Access Code
JzfdYc9ofc
www.bsnteamsports.com

Click Here To
SHOP NOW
Order 5/9 to 5/16

No orders will be accepted after the deadline.

All new students will need to purchase racing bottoms (BLUE)

All new students will need to purchase practice shirts

Optional: Backpacks, Warm ups, Polos, Practice shorts (BLACK) Etc...

Team Store

**ORDER BY
MAY
16**

**SANTA MARGARITA CATHOLIC HS
CROSS COUNTRY 2024**

 \$57.99 BSN SPORTS Double Layer Full Zip Jacket	 \$24.99 Nike Team 10K Running Short	 \$24.99 Nike Women's Team 10K Running Short	 \$31.99 Nike Half Tights	 \$24.99 Nike Women's Boy Short
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\$63.99 Nike Brasilia 9.5 XL Backpack

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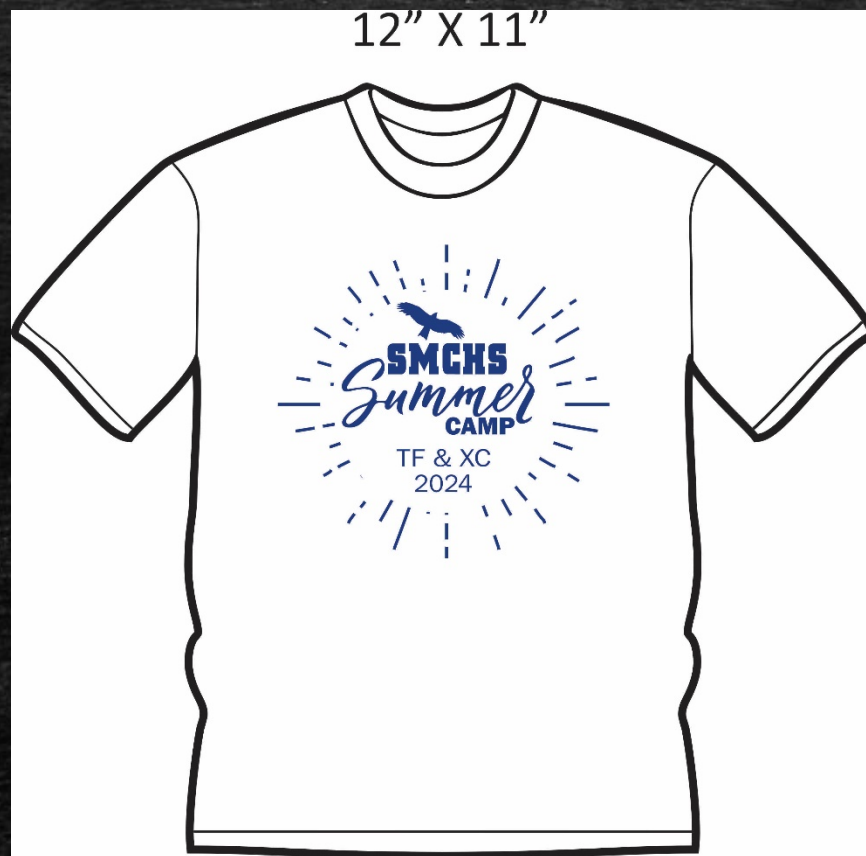
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2024 Summer Camp Shirt



We will order these shirts during the first week of camp when we have final numbers.

Team Tryouts

- If you participate in the summer camp you automatically make the team.
- For those runners who are unable to attend the summer camp, you will have to be able to run a 1-mile time trial (boys 8min, girls 10min) during the first week of school, August 13-16th.

Mammoth Camp

- This camp is not technically affiliated with SMCHS, it is a USATF Foundation Olympic Development Group.
- Dates: July 28th through August 4th, Sunday to Sunday.
- Top runners will be invited.
- Mammoth Lakes is at 7,900ft elevation and with its trails and wilderness it is a hot spot for HS and College training camps. Its an amazing opportunity for athletes to train at high altitude and bond with their teammates.
- Parent Volunteers: Drivers and Chaperones
 - We will need volunteers to help us get all the kids up to Mammoth. Ideally, we are looking at a carpool/caravan type situation.
 - If you are interested, please email Coach Gordon at gordonc@smhs.org

Mammoth Camp Continued

- Camp Fees: \$750 an athlete.
 - Zelle, Venmo, Cash, Check
- What's included:
 - Housing: Snowcreek Cabins, 1 chaperone and 7-10 kids.
 - Meals: we will provide dinners. Parents are encouraged to donate snacks and breakfast/lunch foods.
- What the kids need to bring:
 - Money for any activities they would like to do. For example, movies or kayak/paddle board rentals.
 - Running gear.
 - Strong work ethic.
 - Team First mentality.

Dead Period Training Plan

- CIF mandated Dead period is the first 2 weeks of summer. No coach to athlete/parent contact at all.
- Aerobic Buildup 2024 – The Victories of Autumn Take Place in Summer!
- The simple 3 steps to building volume (milage): 1 frequency, 2 volume, 3 intensity...
 - Slow build toward peak training volume
 - Sleep 8-9 hours. Hydrate by drinking 8-12 glasses of water per day. Stretch.
 - Strides every day
 - Consistency prevents injury. Start your program now to prevent shin splints.
 - Never increase volume more than 10% or less than 5% from week to week.

Hawaii Trip

- This year we will be taking our top 10 boys and 10 girls back to Hawaii to race at the Iolani Invitational on the island of Oahu.
- Dates: Wednesday, September 11 to Sunday, September 15
- Price includes: breakfast/dinner, hotel, airfare, transportation.
- This is a really special trip and the students always have such a fun time. Both our boys and girls walked away with trophies last year as well!
- Invitations will be announced after the summer camp ends.

Parent/Student-Athlete Q&A
