

SUMMER RUNNING

WHERE: Mountain Ridge High School

WHO: 6th – 12th Grade

WHEN: Session 1: May 20th – June 28th
Session 2: July 1st – August 9th

High School: Monday – Friday

6th – 8th Grade: Mon, Wed, Fri

TIME: 5:30 AM – 7:00 AM

COST: High School Student:
\$65 per session
\$100 for both sessions
6th – 8th Grade Student:
\$45 per Session
\$75 for both sessions

INCLUDED:

- ✓ T-Shirt
- ✓ Running Binder/Planner
- ✓ Breakfast & Snacks
- ✓ Running Activities
- ✓ Team Building Activities
- ✓ Interesting Classes & Speakers!

COMMUNICATION: For any announcements, reminders, and information we will use the Remind and Band Apps.

Middle Schoolers will use the Remind App, **TEXT @runridge to 81010.**

High Schoolers will use the Band App.



QUESTIONS: Email Coach Moses at mitchell.moses@dvusd.org.

SUMMER RUNNING GOALS | COACHES

The key to a successful Cross Country season for any team or individual is their summer training. The focus and goal for summer training is to increase one's aerobic fitness through safely accumulating mileage. This will give any team and individual a solid foundation and base to build on.

Mileage: Aerobic fitness is the base any distance runner builds from and the primary reason we run a lot of miles in the off-season. We will set up mileage goals for every individual based on their training history and ability.

Increased Discipline: It is important to be consistent in training and it is a key to success. The camp will help build a foundation of consistent daily training.

Increased Knowledge: Knowledge is power and especially when that knowledge is applied into your life. The camp will teach the fundamentals and principals of distance running and cross country.

Team Building: Cross Country is a team sport, and team is a powerful tool to help individuals keep themselves accountable to not only their goals but the team goals. The camp will help individuals stay accountable.

COACH MITCHELL MOSES: Prior to coaching he ran track at Arizona State University, Paradise Valley Community College (PVCC), and Mountain Ridge High School. This will be his 11th year coaching and 7th at Mountain Ridge. In his time here, they have had 3 teams place in the top 10 at the AIA State Championship Cross Country Meet, 8 teams place in the top 5 at the AIA Sectional Championship Meet with 2 Individual Sectional Champions, and 5 DVUSD District Championship Teams with 4 Individual District Champions.

COACH NICOLE HAMILTON | COACH CHRIS MADISON

COACH DANIELLE BLANCHETTE | COACH TYLER GATES

COACH JEFF JOHNSON

REGISTRATION FORM

PARTICIPANT'S NAME: _____ 24-25 GRADE: _____ SCHOOL: _____ SHIRT SIZE: _____
SESSION 1: _____ SESSION 2: _____ BOTH SESSIONS: _____
Parent/Guardian: _____
Address: _____ City: _____ State: _____ Zip: _____
Phone #: _____ E-mail: _____

Make checks payable to MRHS
CHECKS ONLY – NO CASH ACCEPTED – NO REFUNDS – NO MULTIPLE STUDENT DISCOUNTS
Return this form to: MRHS Community Schools, 22800 N. 67th Ave., Glendale, Arizona, 85310
For information call: 623-376-3070



MOUNTAIN RIDGE HIGH SCHOOL CROSS COUNTRY

SUMMER RUNNING



**“Your GREATNESS is limited
only by the INVESTMENTS you
make in YOURSELF.”**

Grant Cardone

COME JOIN US!

Starting Monday, May 20th @ 5:30AM

CROSS COUNTRY

IT'S MORE THAN JUST RUNNING

“A **POSITIVE ATTITUDE** will outperform a negative
attitude EVERY TIME!”

Zig Ziglar

“Everything gets **EASIER** when you stop expecting
it to be Easy.”

Tim Grover

“It’s hard to beat a person who **NEVER GIVES UP.**”

Babe Ruth

“There will be obstacles, there will be doubters,
there will be mistakes, but with **HARD WORK...**
there are **NO LIMITS.**”

Michael Phelps

“Success doesn’t come from what you do
occasionally... It comes from what you do
CONSISTENTLY.”

Marie Forleo

“Your Talent determines what you can do. Your
Motivation determines how much you’re willing to
do. Your **ATTITUDE** determines how well you do it.”

Lou Holtz

COME JOIN US!

Starting Monday, May 20th @ 5:30AM

MOUNTAIN RIDGE HIGH SCHOOL COMMUNITY SCHOOLS CROSS COUNTRY SUMMER RUNNING & SUMMER CAMP

To the best of my knowledge, this student/participant does not have any health problems that would be harmful to him/her while participating in this community schools' program. Be it known that I, the undersigned parent/guardian/participant of the names student/participant, do hereby give and grant unto the instructor my consent and authorization to render such aide, treatment or care to said participant as, in the judgement of the instructor, may be required on an emergency basis, in the event said participant should be injured or stricken ill; it is hereby understood that the consent and authorization hereby given and granted are continuous, and are intended by me to extend through the length of the program. If emergency service involving medical action or treatment is required and neither the parents nor guardians can be contacted, I hereby consent for the participant to be given medical care by the doctor selected by the instructor. (Participant must have medical insurance to participate.)

NAME OF PARTICIPANT: _____

PARENT/GUARDIAN/PARTICIPANT (if over 18) SIGNATURE: _____

Insurance Company: _____

Policy #: _____

Group #: _____

The Deer Valley Unified School District does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs or activities. Any inquiries regarding nondiscrimination policies may contact Legal Services 623-445-5000.



DEER VALLEY
Unified School District