Serra Padres Cross Country

Be a member of one of the most successful running programs in the WCAL and CCS. Serra Padres Cross Country has won numerous WCAL and CCS titles in their history, qualified for the California Cross Country State Meet both as a team and with individuals, and looks to continually build upon that success and improve each year. No matter if you have run before or not, Serra Padres Cross Country welcomes anyone to join the team. Cross Country at Serra is one of the few sports at Serra that is a NO CUT SPORT. All we ask is that you show up daily, have a good work ethic and a positive attitude. Practices during the Summer and school year last around an hour and a half, depending on the workouts of that day practices may be shorter. What to bring to practice? Running shoes, shorts, t-shirt, water bottle! We are looking forward to meeting those interested in being a part of the Cross Country Team either in the Summer (June) or the Fall (August) once school starts.

Below you will find the summer workout schedule for practices. Summer practices are not mandatory, but highly encouraged. The more running you do during the summer, the more successful your season will be! Please feel free to reach out if you have any questions regarding any other information above.

Go Padres!

Ron DiMaggio '97
Head Coach Cross Country, Assistant Coach Track & Field
rdimaggio@serrahs.com

SUMMER PRACTICES

Summer practices will occur on Mondays, Wednesdays and Thursdays from 3:00 pm - 4:30 pm at Serra and Saturday's from 10:00 am - 11:00 am **(ATHLETES ONLY**) at Sawyer Camp Trail, San Mateo entrance. Practices at Serra will meet on the Track, near the starting line, and consist of some CORE work/Weight training, followed by a run in which we will head out off campus. Saturday practices are "ATHLETES ONLY". Coaches may or may not attend on Saturday depending on their work schedules. Athletes will be emailed the workouts prior to the start of the week, so they can know the workouts if they are unable to attend. Keep in mind that it is easier to run with your teammates than on your own, and the more work we get in over the summer, the more successful the season will be for you. Below are the dates the PADRES CROSS COUNTRY team will be meeting over the summer. Note, there will be two weeks where we will not meet.

Serra Padres Cross Country

Summer Workout Dates

Week 1 - June 15th, 17th, 18th, 20th

Week 2 - June 22nd, 24th, 25th, 27th

Week 3 - June 29th, July 1st, 2nd

Week 4 - July 6th, 8th, 9th, 11th

Week 5 - July 13th, 15th, 16th, 18th

Week 6 - July 20th, 22nd, 23rd

Week 7 - NO PRACTICE (July 25th - August 1st)

Week 8 - August 3rd, 5th, 6th, 18th

Week 9 - August 10th, 12th, 13th, 15th

**** Some dates may change or get cancelled based on coaches availability. If that occurs an email will be sent in advance****

OFFICIAL PRACTICE MONDAY AUGUST 17th right after school on the TRACK!