



SMCHS Cross T&F Summer Camp

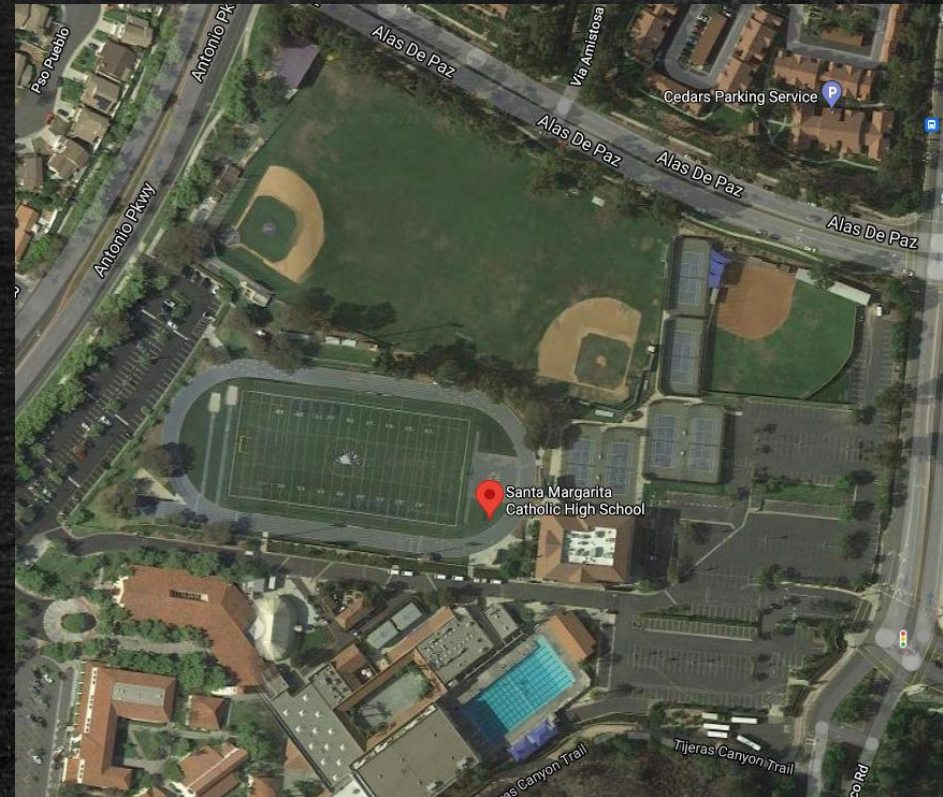
Summer 2026

What We Will Cover

- Important Dates and Locations
- Registration and Fees
- Team Communication: Team Snap
- Practice Gear/Uniform
- Mammoth Trip (XC)
- Parent and Student-Athlete Questions

Important Dates and Locations

- Dead Period: May 28-June 10
- SMCHS XC/T&F Summer Camp:
 - June 23-July 23, M-Th
 - 8-10am
- Location:
 - Monday-Thursday at SMCHS
 - Track Monument.



Physicals + Registration + Fees

- Every athlete will need to be signed up for the summer camp, be registered for the sport, and be fully cleared with a physical.
- Athletic Clearance:
 - SMHS Website>Athletics>[Sports Medicine](#)
- Signing up for summer camp on the SMHS Athletics website:
 - SMHS Website>Athletics>Incoming 9th/Returning Camps>
 - [T&F Camp](#)
- \$225
- If you are not Athletically Cleared or registered prior to June 23, you will not be able to participate.

Physicals + Registration (Athletic Clearance)

- You will need to get a Sports Physical that is signed and dated by a Dr.
 - You can get it from your family physician or from an urgent care (many have walk in options for sports physicals)
- You will need to upload the physical to Home Campus.
 - You cannot email a copy me or the trainers. You cannot bring a hard copy to practice. IT MUST BE UPLOADED TO HOME CAMPUS.
- You will need to then register for your sport.
 - XC kids, must register for XC and should also register for T&F
 - T&F must register for T&F.
 - You must register for each individual sport you plan on participating in.

Singing Up for the Summer Camps

- Athletic Clearance is only the first step for Summer camps.
- You must next sign up and pay for the camps.
- If you have a scheduling conflict with other summer camps or tryouts, please let me know by emailing me, powersm@smhs.org, and we can discuss a way to work around those conflicts.

T&F Summer Camp

- The T&F summer camp is an off-season training camp for the Spring.
- This camp is to develop the base foundation of fitness so that your body can then handle the demands put forth later on in the Fall and Winter training cycles so that you are healthy and fit for the Spring.
- If you are taking part in a Fall sport, they typically have their own preseason camps
 - If you are doing XC you do not do the T&F camp.
 - If you do football, you do not do the T&F camp.
 - If you have other camps, like winter season (soccer, wrestling, girls water polo, etc) you should still do the T&F camp. If there are schedule conflicts, let me know and we can work something out.

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.



Fill out Form to be added to the T&F
Team Snap

SMCHS T&F 2027



Typical Day At Camp

- 8am Team meeting
 - attendance, discuss workout, prayer.
- 8:10-15 am Warm up
 - 2 lap jog + drills
- 8:30 am Start Run or workout
 - Workouts are either around the track or we run to a locations like a park or trial head
- 9:45-10 am Cooldown/Stretching
 - Rope stretching + hydration + core exercises

Athlete Expectations Santa Margarita Summer XC/T&F Camp

Punctuality & Start Time

- Practice starts at 8:00 AM sharp (team meeting + attendance)
- Be ready to run at 8:00 AM — shoes on and tied, no phones or hanging out
- Early is on time. On time is late. If you arrive at 8:00, you're late.
- If late: Run from the parking lot. We will not wait for you.
- Lateness will not be tolerated.

Athlete Expectations Santa Margarita Summer XC/T&F Camp

Team Meetings

- Quiet, focused, and paying attention from the start
- Everyone listens during attendance and instructions
- Questions are welcome

On the Run

- Run in groups of 2 or more — no one runs alone
- No headphones (safety first — everyone must hear each other)
- Phones are allowed (encouraged for at least one person per group), but stay off and undistracted
- Use crosswalks only — always wait for the light
- Stick to the assigned route — get coach permission before changing anything
- Know where everyone is running (safety + accountability)

Athlete Expectations Santa Margarita Summer XC/T&F Camp

Community & Representation

- You represent Santa Margarita, not just yourself
- Say “good morning,” “hello,” and “excuse me”
- Yield to others — move out of the way, don’t expect people to move for you
- Be polite and positive in the community

General Conduct

- No foul language or inappropriate humor
- Respect everyone’s space and feelings
- Safety, respect, and team accountability above all

Let’s have a great summer — show up ready, stay together, and represent with pride!

Practice Gear

- Every Athlete should come to practice focused and ready to work hard. Part of this is showing up with the proper 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 Mall. 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

- 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 muscles. Eating the right nutrients soon after you exercise (30 min metabolic window) can help your body get this done faster. It is particularly important to eat carbs and protein after your workout.

Dead Period Training Plan

- CIF mandated Dead period is the first 2 weeks of summer. No coach to athlete/parent contact at all.
 - May 28-June 10
 - Great time to get your physical done so it never expires in the middle of any season.
- This is our off season, so please take the time to relax and enjoy the time off.
- XC runners: If you did not compete in the post season, please refer to the off-season training handout passed out tonight for your training plan.
 - You want to come to the first day of camp ready to work hard.

Parent/Student-Athlete Q&A

Coaches Contact

- Please remember that coach to student communication can only happen through SMCHS approved platforms
 - Smh.org emails, Team Snap, or MSTeams Chat
- Coach Powers, Head Coach: powersm@smhs.org
- Coach Gordon, Asst Coach XC: gordonc@smhs.org
- Coach Martin, Asst Coach T&F: please join Team Snap to communicate with Coach Martin