

From Coach Ferron,
Cross Country Summer Camp Program

Sign Ups for the Cross Country Summer Camp Program are May 24, 25, 26 from 4:00 pm to 5:30 pm in the large gym.

If you are not able to attend the above dates to register, you may turn in the registration form and fee to the Summer Sports Camp Secretary, Maria Vint who is located in the attendance office.

Application form to print is here on the website under the important information column click - Summer Sports Camp Program – summer camp application. Also included is an information sheet about the summer sports camp program.

The official start of the cross-country camp is Friday July 16 2010. This ends the 3-week mandatory break required by CIF regulations. Prior to that date, athletes will still be running under the direction of team captains but coaches are not allowed at practices.

Practice will be each day beginning July 16, 2010 at Veterans Park starting at 7:30 am and will run all the way until school begins. We know some of you will miss time due to family vacations but if at all possible please plan those earlier in the summer rather than later. As soon as school begins we have our first XCOUNTRY meet. The goal is to have your child attend as many days as possible during the summer training so that they are ready to race when school begins.

If you need more information contact Julie Ferron at jferron@rbusd.org