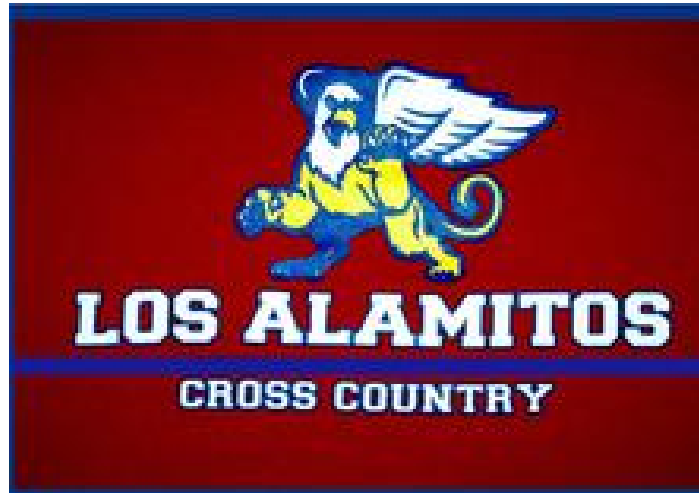


# LAHS Head Coach, Mark Celestin's 2016 Cross Country Summer Camp



Info: All Students Entering 8<sup>th</sup> – 12<sup>th</sup> Grades  
 July 11<sup>th</sup> – August 12<sup>th</sup> (5 weeks)  
**Monday-Thursday 5:00pm-7:00pm and Friday 8:30-10:30am**  
**(There may be an afternoon option)**  
**Saturday 8:30-10:30 Optional Workout**

The LAHS summer running camp will feature 5 great weeks of distance training designed to prepare the athletes to compete in the fall sport of Cross Country. Runners will benefit from daily dynamic warm ups, running form drills and core strengthening work. LAHS coaches will lead the athletes through a variety of distance running workouts along with team bonding activities. By the end of camp, the athletes will be ready for the Team Time Trial on August 29<sup>th</sup> and the first race on September 3<sup>rd</sup>. Incoming 8<sup>th</sup> graders and other athletes will also benefit from the endurance training program.

Coaches: LAHS Griffin Head Coach Mark Celestin, Assistant Coaches Jeremy Berryman, Jessica Riegert and Keith Mendoza

Where: Los Alamitos High School

Cost: \$240.00

Includes Camp T-shirt, fun activities like beach runs (with volleyball games to follow), Frisbee ultimate, movie nights and more. Something fun every week.

How to Register: Go to [www.laef4kids.org/programs](http://www.laef4kids.org/programs)

**Click on** "Register for Summer Sports Camps"

**Choose** "Sports Camps" from the "Season" pull-down menu, **then click** "Apply Filter"

Find your session(s), create a profile/log-in and sign up!

You may also select Mark Celestin in the "instructor" pull-down menu to further filter the camps.

Contact Mark Celestin: [mcelestin@losal.org](mailto:mcelestin@losal.org)

Check our website: <http://www.losalxc.org>

E-mail Mike Kahn at [programdirector@LAEF4kids.org](mailto:programdirector@LAEF4kids.org) or call 562-799-4700 Ext. 80424

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