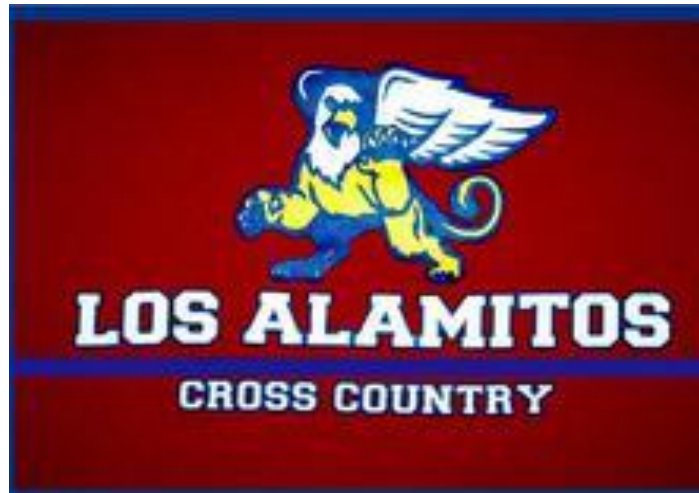


LAHS Head Coach, Mark Celestin's 2017 Cross Country Summer Camp



Info: **All Students Entering 7th – 12th Grades**
July 10th – August 12th (5 weeks)
Monday-Thursday 5:00pm-7:00pm and Friday 8:30-10:30am
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. LAHS coaches will lead the athletes through a variety of distance running workouts along with team bonding activities. Runners will also benefit from daily dynamic warm ups, running form drills and core strengthening work. By the end of camp, the athletes will be ready for the Team Time Trial at the end of August and the first race on September 2nd. 7th graders will get advanced distance training which will benefit them when they join the team in 2018. All athletes will benefit from this endurance training program.

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

Where: **Los Alamitos High School (every day except Tuesdays and Saturdays) and Seal Beach pier (Tuesdays)**

Cost: **\$250.00**
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
Click on "All Summer Programs"
Choose "Summer Sports Camps 2017" 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 Check our website: <http://www.losalxc.org>
E-mail Mike Kahn at programdirector@LAEF4kids.org or call 562-799-4700 Ext. 80424