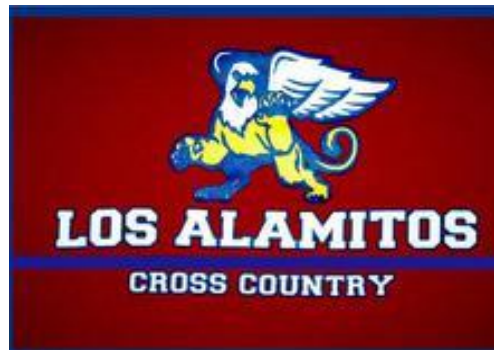


LAHS Head Coach, Mark Celestin's 2022 Cross Country Summer Camp



Info: **All Students Entering 7th – 12th Grades**
July 6th – August 5th (5 weeks)
Monday – Thursday, 4:00pm – 6:00pm
Friday, 8:00am – 10:00am

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, core strengthening work and weekly aquajogger pool workouts. By the end of camp, the athletes will be ready for the Team Time Trial on August 5th and the first race at the end of August. 7th and 8th graders will get advanced distance training which will benefit them when they eventually join the team. All athletes will benefit from this endurance training program for the upcoming cross country season and all other later sports seasons.

Coaches: **LAHS Griffin Head Coach Mark Celestin**
Assistant Coaches Jeremy Berryman, Jonny Rulison, Hailey Stephens,
Jacob Taylor and Maria Halfhill

Where: **Los Alamitos Unified School District Field every day except**
Tuesdays (Seal Beach Pier) and optional Saturdays (TBD)

Cost: **\$270.00**
Cost 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/camps
Click on the "Register Now" button. Choose "Summer Sports Camps 2022" 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: runnersworkshop@mac.com Check our website: <http://www.losalxc.org>
E-mail Mike Kahn at programdirector@LAEF4kids.org or call 562-799-4700 Ext. 80424

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