

# LAHS Head Coach, Mark Celestin's 2023 Cross Country Summer Camp



**Info:** **All Students Entering 7<sup>th</sup> – 12<sup>th</sup> Grades**  
**July 6<sup>th</sup> – August 4<sup>th</sup> (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 5<sup>th</sup> and the first race at the beginning of September. 7<sup>th</sup> and 8<sup>th</sup> 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, Hailey Stephens, & Aaron Ibarra**

**Where:** **Los Alamitos High School Field every day except**  
**Tuesdays (Seal Beach Pier)**

**Cost:** **\$280.00**  
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](http://www.laef4kids.org/camps)**  
**Click** on the “Register Now” button. **Choose** “Summer Sports Camps 2023” 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](mailto:runnersworkshop@mac.com) 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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