

2010 San Clemente High School Boys Cross Country Summer Information and Training Schedule

- Athletes must attend at least 6 of the 12 practices that are scheduled between 7/19 and 8/27 in order to be on the team.
- All physical exam forms must be completed before practice begins. All necessary forms can be obtained in the athletic director's office at San Clemente High School, or through the athletic department web site at www.sctritonathletics.com
- All team members must complete and pass at least one time trial during the summer in order to remain on the team. Time trial dates will be announced during summer practice sessions.
- All team members should be registered in the 6th period cross country class for the fall semester.
- For more information or to contact Coach Johnson please visit our web site at www.tritonrunning.com.

Summer Schedule

Date	Days	Time	Event / Location
7/19 – 7/23	Mon / Wed / Fri	9:00 am – 11:00 am	Practice Begins at SCHS
7/26 – 7/30	Mon / Wed / Fri	9:00 am – 11:00 am	Practice at SCHS
8/2 – 8/6	Mon / Wed / Fri	9:00 am – 11:00 am	Practice at SCHS
8/9 – 8/22	Mon – Sun	Run on your own – See summer training plan	
8/23 – 8/27	Mon / Tu / Thurs	9:00 am – 11:00 am	Practice at SCHS