

# ***PENINSULA PANTHERS CROSS COUNTRY***

**Home of CIF and State Champion Teams**

PENINSULA HIGH SCHOOL

27118 SILVER SPUR ROAD, ROLLING HILLS ESTATES, CA 90274



Dear Runners,

We have arranged special summer *Running and Conditioning Camp*, beginning **Monday, June 14, at 4:00 PM at the PVIS field (old MARGATE), not** at Peninsula High. The whole idea behind these summer workouts is to get you physically fit so that you can be in shape when the real action starts in August. The success of a good cross country team is based on what they do during the summer. When school begins in September, it is often too late to get into racing shape. New runners can earn a 250 mile t-shirt and returning runners can earn a 500 mile t-shirt.

We know that many of you have vacations for part of the summer and may not be able to attend all of the workouts; we realize that and want you to know that you will feel a lot more comfortable about the sport if you can join us **as often as you can**.

Please send a check for \$135 for your Runner's Log and two Team T-Shirts. The log contains information regarding team rules, running philosophy, diet, hydration, injury prevention, and records of daily workouts. These logs are to be filled in everyday and will be collected at the end of the season. Bring your logs, a watch (with a stopwatch function), and something to drink to every practice. Be sure to wear decent running shoes.

More on the back.

## Peninsula High Boys Cross Country

Summer Running and Conditioning Camp – 6 weeks - \$135

(Includes Insurance, 2 T-Shirts, and Runner's Log Book)

Questions? For more information, contact Athletic Director  
@ 310-377-4888 ext. 692.

Return to: Norm Towers, PVPHS 27118 Silver Spur Rd., RHE CA 90274

Make the check payable to: *Peninsula Summer Sports* and please note on the "memo" line Log/T-Shirt (Size of shirt, too)

Summer Schedule:

**June 14 through July 23: Mon-Thurs at PVIS, 4:00 PM, Fri. at 8:00 AM**

**Aug. 23 Official start of Cross Country**

Don't forget. Mark your calendars!

Norm Towers, Head Coach

Wendell Yoshida, Athletic Director

You will need:

1. Yellow Card – with emergency information filled out.
2. Physical Exam – obtain the form from Edline
3. Proof of insurance – photocopy health card.

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Clip and mail this form with check ASAP. Program fee due June 1.

Name \_\_\_\_\_ EMail \_\_\_\_\_  
Address \_\_\_\_\_ Cell Phone \_\_\_\_\_  
\_\_\_\_\_  
Home Phone \_\_\_\_\_ Grade (in Sept.) \_\_\_\_\_  
Parent: Mom \_\_\_\_\_ Cell Ph \_\_\_\_\_ Work Ph \_\_\_\_\_  
Parent: Dad \_\_\_\_\_ Cell Ph \_\_\_\_\_ Work Ph \_\_\_\_\_