

PENHI GIRL'S CROSS COUNTRY SUMMER 2010



WHERE? PVIS/PVPHS CROSS COUNTRY COURSE

(meet @PVIS soccer field)

WHEN? JUNE 14 to JULY 23: Mon-Thur 4:00-6:00pm
Friday 8:00-10:00am

WHO? Incoming Freshmen & Novice Runners

Our Goal: To continue to build Peninsula's rich Girls' Cross Country tradition and return to **CIF State Championships!** We want all incoming Freshman & new girls who want the benefits & rewards that are part of running.

Your Challenge: To train & condition with the best of PENHI's Varsity & JV medal-winning Girls' Distance runners, experience the best of team spirit & camaraderie, and learn the technique of cross country running in the friendly, fun environment of Panther Pride. **In past years, the summer running program developed Freshman who earned their Varsity stripes their first season! With hard work & a positive attitude, so could you!**

PENHI's Girls' Cross Country Program trains & conditions our new Freshmen runners at a safe, easy pace, running comfortable distances. Our summer program teaches you not only how to run, it develops your core—strengthening & conditioning the abdominal muscles, the key to running endurance, through both aerobic & anaerobic circuit training. Under the direction of Head Coach Annemarie Voegtlin, PENHI Girls' Cross Country Captains will lead you on runs that are both challenging & fun. The student-athletes that make up Peninsula's Girls' Cross Country team are among the best & brightest at PenHi—high academic achievers, ASB leaders, yearbook & newspaper editors, and members of Academic Decathlon, MUN, MOCK Trial, & Science Research, Orchestra, & Drama.



New students, you will need:

- a) Yellow card – with emergency info filled out. (Pick up on counter in Hawthorne Office @ PVPHS, or intermediate school front counter.)
- b) Current physical exam – form may be obtained on PVPHS Edline under "All Things Medical". (Can obtain school's Edline through www.pvphs.com – click on "Edline".)
- c) Proof of insurance – photocopy health card

Returning students (if coach does not have your previous yellow card), you will need:

- a) Yellow card – with emergency info filled out.
- b) Current physical exam or "yellow slip" from Health Office with current physical expiration date
- c) Proof of insurance – photocopy health card.

2010

PENINSULA HIGH SUMMER CROSS COUNTRY

SUMMER RUN & CONDITIONING CAMP~ 6 WEEKS~ \$150*

(Includes Insurance, T-shirt, & Runner's Log Book)

**Questions? Contact Coach Voegtlin @ 310.377-4888, x705 or
310. 944-5138**

Make Checks Payable to: Peninsula Summer Sports

RETURN TO: Annemarie Voegtlin, PVPHS 27118 Silver Spur Rd, RHE CA 90274

**Clip and mail this form with check ASAP. Program Fee Due By June 01
(*Late registration—after June 1: \$175)**

NAME _____
 ADDRESS _____
 Home Phone _____
 PARENT: Mom _____
 PARENT: Dad _____

EMAIL _____
 Cell Ph _____
 Grade (in Sep) _____
 Cell Ph _____ Work Ph _____
 Cell Ph _____ Work Ph _____