

WEST TORRANCE BOYS CROSS-COUNTRY

<https://www.youtube.com/watch?v=1XPB5NL4jts>



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SUMMER CROSS-COUNTRY

“Autumn leaves no doubt to how the summer was spent”

Starts -

Unofficially June 14th

Officially JuNE 28THth

7:00am

West High Track

SUMMER SCHOOL APPLICATION FORM

COST \$100

Due ASAP

Checks made out to TUSD

CROSS-COUNTRY ENDS?????

OCT 28th

Then you will go directly into your other sport or continue with track and field.

BIG BEAR RUNNING CAMP

Aug 2nd-6thth

Cost: \$350

Parents get 4 days without child..heck yeah!
Day 5 (Friday) they will sleep all day (16 mile run)

Detail coming

https://www.youtube.com/watch?v=y2-oQuyrS_M

WHAT IS XCSTATS?

1. COMMUNICATION WITH PARENTS/ATHLETES VIA EMAIL AND TEXT!
2. SCHEDULE
3. RESULTS
4. LOTS OF OTHER STUFF.

LET'S GET YOU SIGNED UP

[XCSTATS.COM](https://xcstats.com)

[FORM](#)

Getting Started

CODE:

@WESTXC

Remind app - Team Text App

Runners

text 81010

message: @21westxc

parents

Text 81010

Message: @21xcmom

ATHLETIC CLEARANCE PACKET

- Must be complete EVERY year.
- Must have signed form at end of process
- Physical (from a real Doctor) must be attached.
A physical must be completed every year.
- Once complete your son is cleared in all sports.
 - [Instructions on how to register](http://www.athleticclearance.com)
www.athleticclearance.com

Running safety

- No headphones
- Run on the correct side of the road (facing traffic)
- Run the route given by your coach
- Stay with a buddy if possible

Injured vs Sore

NEVER RUN INJURED

Talk to coach about being sore...you will be sore!

Before going to Doctor talk with coach.

SHOES AND WATCHES

Village Runner or Road Runner

NOT NIKE FREE SHOES

Little Billy doesn't need the \$200 pair of shoes!

Racing Flats...we will get them in late Aug.

Simple watch that has a stopwatch \$30

Or

Garmin GPS watch...\$149

FEES...the “four letter word”

DO NOT PAY ANY FEES UNTIL I ASK FOR THEM!!!!

EXCEPT FOR SUMMER SCHOOL PROGRAMS

I have a special BUNDLE PRICE!

It will include:

Transportation Fee (\$130)

Booster Club Fee (\$60)

XC team fee (\$150)

Estimated DRUTEN BUNDLE - \$250

Questions?

Do you want to your child
to be a champ or a
chump?

A winner or a weiner?

We create a championship
culture!!!!