



*"Don't let anyone look down on you because you are young, but set an example for believers in speech, in life, in love, in faith and purity." 1 Timothy 4:12*

We would like to welcome you to Ontario Christian High School. We would like to tell you a little bit about the cross country program here at OC. Cross Country is a program that anyone can participate in. Cross Country is fun. Some say it is one of the most difficult high school sports—we can affirm that it is challenging yet extremely fulfilling. This sport requires a special level of guts, grit, and gladness as well as humility. Cross Country is a lifelong sport with countless benefits. Some run for the sheer competition and some run just to have fun and meet others. We run to magnify the Lord!

We belong to the Ambassador League and have League competitions on a weekly basis. We also have several invitationals that we participate in... The invitationals are usually on Saturdays and the league meets are usually on Tuesdays. The races are 3 miles long. In our training, we gradually build up to this distance and eventually run much further to build up our endurance. Cross Country meets will begin after school starts.

We also get together during the summer to run. **We will begin meeting on Monday, June 13th at 7 am at OCHS until school begins (we will meet Monday, Wednesday, and Friday @ 7a.m. @ OCHS every morning finishing at approximately 8:30a.m. unless otherwise specified).** We welcome you to begin running with us as a team at that time. You will have an opportunity to gain some running apparel if you log your mileage this summer. We will have a 100 mile club, 200 mile club, 300 mile club, 400 mile club, and 500 mile club (or more if you are able).

**The Girls and Boys Teams will have a summer camp in Big Bear July 25-29.** The cost will be ~\$100. You will be expected to attend this camp if you are planning to run cross country. It is an incredibly fun and challenging experience where we grow together as a team and set goals for the season. Be sure to get your name on the list as soon as possible.

If you are at all interested in being part of the sport of cross country, contact one of the coaches.

Thanks!

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