



SMCHS T&F Summer Camp

"There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do."

- Derek Jeter

What We Will Cover

- Important Dates and Locations
- Registration and Fees
- Team Communication: Team Snap
- Practice Gear/Uniform
- Hawaii Trip
- Parent and Student-Athlete Questions

Important Dates and Locations

- Dead Period: May 31-June 13
- SMCHS T&F Summer Camp:
 - June 17st-July 18th M-TH, 5 weeks
 - 8-10am
- Location:
 - Monday-Thursday at SMCHS
 - Track Monument.



Physicals And Registration + Fees

- Every athlete will need to be registered for the summer camp and be fully cleared with a physical.
- Athletic Clearance:
 - SMHS Website>Athletics>[Sports Medicine](#)
- Register for summer camp on the SMHS Athletics website:
 - SMHS Website>Athletics>Incoming 9th/Returning Camps>[Track & Field](#)
- \$320
- If you are not Athletically Cleared or registered before June 17th, you will not be able to participate.

Team Communication: TeamSnap

- For communication between Coaches and Parents/Students, SMCHS Athletics uses an app called TeamSnap.
- All communication will happen through this app. This includes team emails as well as person to person communication with the coaches.
- It is the student's responsibility to check their emails/TeamSnap regularly to stay up to date on team information.



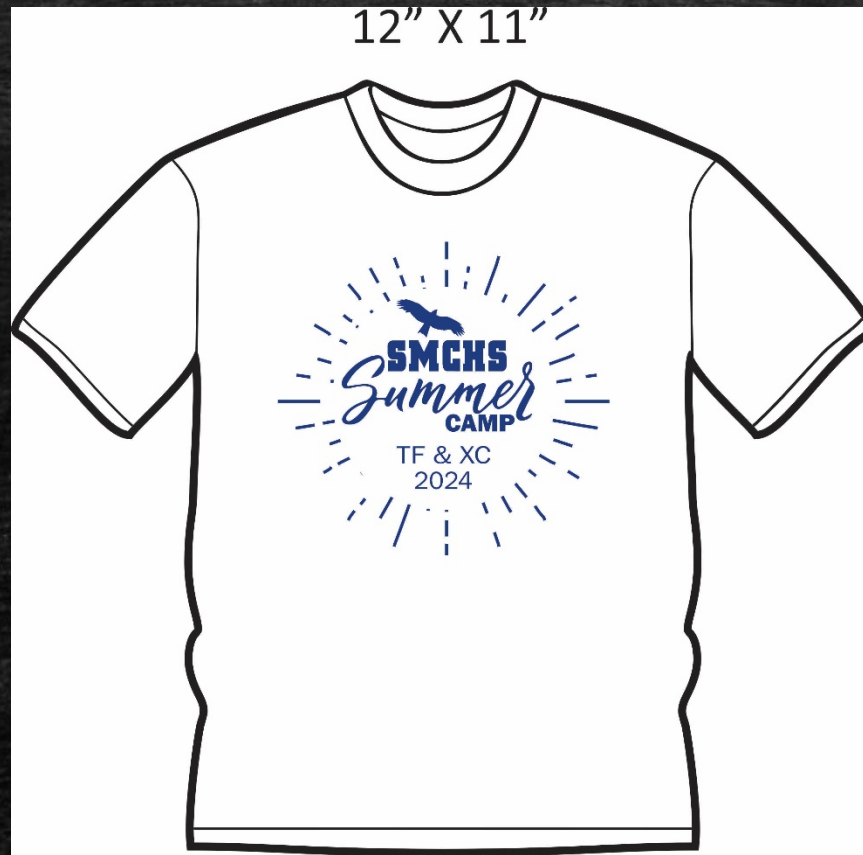
Practice Gear

- Every Athlete should come to practice focused and ready to work hard. Part of this is showing up with the appropriate gear both for maximum performance as well as health and safety.
- Running Shoe:
 - A quality pair of running shoes with the proper fitting and support will aid in training and help prevent injuries.
 - You can get fitted for your shoes at Snail's Pace in Mission Viejo or Road Runner Sports in Laguna Hills. These specialty running stores will evaluate your gait and make sure you are in the shoe that has the appropriate support and cushion for you as an individual.

Practice Gear Continued

- Practice Uniform for Summer and Fall: athletic or running shorts (blue/black), and t-shirt or tank top (white/blue). Brite colors or inappropriate logos are not allowed.
- Water Bottles: Hydration is important, especially in the summer heat.
- Recovery: fruit, PPJ sandwich, granola bar, protein bar/powder, etc..
 - After your workout, your body tries to rebuild its glycogen stores and repair and regrow those muscle proteins. Eating the right nutrients soon after you exercise can help your body get this done faster. It is particularly important to eat carbs and protein after your workout.

2024 Summer Camp Shirt!!!



We will order these shirts during the first week of camp when we have final numbers.

Dead Period Training Plan

- CIF mandated Dead period is the first 2 weeks of summer. No coach to athlete/parent contact at all.
- This is our off season, so please take the time to relax and enjoy the time off.
- If you did not compete in the post season, please start off with just simply running 15-20 minutes every other day. Very simple, just getting back into the swing of things.
 - You want to come to the first day of camp ready to work hard.

Hawaii Trip

- This year we will be taking our 10 boys and 10 back to Hawaii to race at the Iolani Invitational on the island of Oahu.
 - This is a cross country trip, but there is the potential to extend an invite in the past to a selected few track athletes. They have a mixed 4x400 on the golf course after the xc races and its always super fun.
- Dates: Wednesday, September 11 to Sunday, September 15
- Price includes: breakfast/dinner, hotel, airfare, transportation.
- This is a special trip and the students always have such a fun time. Both our boys and girls XC teams walked away with trophies last year as well!
- Invitations will be announced after the summer camp ends.

Parent/Student-Athlete Q&A
