

**PVHS Cross Country Team**  
**Summer Program 2010**  
**July 5<sup>th</sup> – September 3<sup>rd</sup>**  
**4:00pm – 6:00pm**  
**Malaga Cove Plaza**

Dear Sea Kings,

We are continuing our tradition of summer workouts in preparation for the cross country season. 2010 could be the best ever year for our program and a good summer of training is essential to that success. Last year was a great year for the Sea Kings. The girls finished 3<sup>rd</sup> in CIF and the Boys won a CIF Championship and both teams made it to the State Championship again! At the state meet, the girls finished 3<sup>rd</sup> and the boys won the state championship!

During the summer program we will work on conditioning, strength, and technique. Coach Shapiro is in his 5<sup>th</sup> year at PVHS, a high school state champion and college conference champion. Coach Atkinson is in his 9<sup>th</sup> year at PVHS, a running legend, having run the 1500m for the United States in the 1988 Olympic Games. The coaching staff will nurture your talent and help you improve.

The summer fee includes student insurance, t-shirts, a team bbq, and occasional gatorade/popsicle treats. **Your cancelled check will serve as proof of your child's enrollment and there will be a \$25 fee for any refund requests.**

We can't wait to meet you and work with you. The summer program is a great way to get in shape and make friends before the school year begins. We hope to see you soon!

Coach Brian Shapiro  
Palos Verdes High School Cross Country

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Name \_\_\_\_\_ Student Cell Phone # \_\_\_\_\_

Home Phone # \_\_\_\_\_ E-mail \_\_\_\_\_

Fee \$250 (Check Payable to PVHS Summer Program) Shirt Size \_\_\_\_\_

Guardian's Name \_\_\_\_\_ Daytime Phone # \_\_\_\_\_

Emergency Contact \_\_\_\_\_

I hereby authorize the Cross Country Staff to act for me according to their best judgment in any emergency requiring medical attention and I hereby hold harmless the staff for any loss, damages, or personal injuries or illnesses incurred during the summer program. I acknowledge that cross country requires running along streets and trails and can be hazardous.

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Date

Mail Check and form to:

PVHS Summer Program  
C/O Brian Shapiro  
Palos Verdes High School  
600 Cloyden Road  
Palos Verdes Estates, CA 90274