

Yucca Valley High School
Cross Country
2011

Schedule

Time Trial
Friday, Sept. 02

Fastback Invitational
Saturday, Sept. 10

Woodbridge Invitational
Friday, Sept. 16

Hi—Desert Classic
Saturday, Sept. 24

De Anza League #1
Thursday, Sept. 29

Yucaipa J.V. Invitational
Saturday, Oct 01

Central Park Invitational
Saturday, Oct. 08

De Anza League #2
Thursday, Oct. 13

Mt. SAC Invitational.
Friday, Oct. 21

De Anza League Finals
Saturday, Oct. 29

CIF Prelims (Varsity)
Saturday, Nov. 12

CIF Finals (Varsity)
Saturday, Nov. 19

Calif. State Meet (Varsity)
Saturday, Nov. 26

*DAL Meets are subject to change



Records

Varsity Boys

League Champions
74, 92, 93, 95, 96, 97, 01, 03

CIF Finalist
74, 96, 97, 99, 00, 01

State Finalist
96, 00

Varsity Girls

League Champions
92, 93, 94, 95, 97, 00, 03, 04, 06, 07, 08,
09, 10

CIF Finalist
93, 03, 04, 05, 06, 08

State Finalist
03, 04, 05, 06

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"Having a true faith is
the most difficult thing
in the world. Many will
try to take it from you."

-Steve Prefontaine



Yucca Valley Cross Country 2011

General Information

Welcome to Yucca Valley Cross Country 2011:

- Summer practice will begin July 6th, 2011 at 8:00 AM.
- All interested athletes will need to report to the gymnasium weight room ready to work out.
- Practices will be held every Monday, Wednesday, and Friday.
- Morning weights will be conducted at 8:00 am until 9:45 am, with evening practice going from 6:00 pm until 7:45 pm at the track.
- All athletes MUST have their physicals and insurance on file with the athletic office.
- If cleared ahead of time, athletes may bring their required paperwork to the first practice.
- All athletes are required to be at both morning & evening practices unless cleared by the coach ahead of time.



Running Camp

We will be conducting our own running camp. Only a select group will be given the opportunity to participate due to limited space and funding. The booster club will be able to cover close to 80% of the cost. The runners, if invited, will be expected to cover the rest which is roughly \$200.00. Running camp will be held in Big Bear, CA during the days of August 13-18.

Practice Gear

All athletes will need to bring proper running gear to workouts.

These items include:

- Proper Running Shoes
- T-Shirt & Shorts

Shoes must be built for running, no cross trainers, high tops, Van's etc. Improper shoes will damage feet and cause shin splints. We will be planning a day to go to the Running Center in Redlands. This is an excellent place to find the proper running shoe to fit your foot. If you cannot make it then, you may want to check out Running Wild in Palm Springs. Both places will give you a discount if you mention you are with Yucca Valley Cross Country.

Beach Day

During the season, we have a meet scheduled close to the beach. Once the race is complete, we'll go to Huntington Beach and have a BBQ. Athletes will be chosen based on training, improvement, attitude, and fundraising. It's a great race and a fun day at the beach. Don't be left out!



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