

La Habra High School

CROSS-COUNTRY

Summer 2024

Interested in having fun, being involved, and competing all at the same time? Join the La Habra Cross-Country Team!!!!

Within recent years:

- Competed at C. I. F. 2003 - 2023* (Boys and/or Girls)
- State Finalist – Individual - 2019
- Freeway League Team Champions
-'03, '05, '06, '08, '09, '10, '11
- Freeway League Individual Champions – '08 (Boys & Girls Varsity), '09 (Girls Varsity & JV), '11 (Girls Varsity), '19 (Boys Varsity)

An informational meeting will be held on **Wednesday, June 12th** @ 1:15 pm in Room 101. Summer practice information will be explained on this day. If you can not attend the meeting please contact me for the workout information.

The first day of running will be **Monday, July 1st** @ 7:30 am in room 101. Please come in comfortable running clothes and shoes, and bring a drink for after practice.

All athletes interested in practicing with the team should be able to run 1 (one) mile without stopping in under 10 minutes.

In order to practice, runners must be cleared through the Front Office. This includes a physical from a doctor and completion of the athletic packet. The athletic packets are done through the school's website.

Please contact Coach Gonzales (mgonzales@fjuhsd.org) or Athletic Director Paul Caffery at (562) 266-5060 for more information.

*except '15,'20