



*"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. Everyone makes the team and we have a variety of athletes participate. Some run for the sheer competition and some run just to have fun and meet others.

We belong to the Christian 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 on Tuesdays. The races are 3 miles long. In our training we gradually build up to this distance and eventually run a little further to build up our endurance.

We also get together during the summer to run. We will begin meeting on July 21<sup>st</sup> at 7 am at OCHS. You are more than welcome to begin running with us at that time. Officially we do not begin until August 18<sup>th</sup>. We 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 and a 300 mile club.

The Girls and Boys Teams have a summer camp at Laurel Pines Christian Camp and Conference Grounds on August 11–14. The cost will be \$180. Girls, if you are interested, please contact Coach Fakkema via e-mail or phone. Boys, if you are interested, please contact Coach Schaap via e-mail or phone. There are a limited amount of spaces for this camp, so 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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