



## MVHS XC SUMMER CAMP / TRAINING

**WHEN:** 7:00 AM – 9:30 AM. MONDAY-SATURDAY

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7
June 16 <sup>th</sup> - 21 <sup>st</sup>	June 23 <sup>rd</sup> - 28 <sup>th</sup>	July 14 <sup>th</sup> -19 <sup>th</sup>	July 21 <sup>st</sup> -26 <sup>th</sup>	July 28 <sup>th</sup> -Aug 2 <sup>nd</sup>	Aug 4 <sup>th</sup> -9 <sup>th</sup>	Aug 11 <sup>th</sup> -16 <sup>th</sup>

\* **June 29<sup>th</sup> - July 13<sup>th</sup> - Dead period (No contact with Coaches).**

\*\* **July 21<sup>st</sup> – 27<sup>th</sup> - VARSITY BIG BEAR RUNNING CAMP**

*(INVITE ONLY)*

This camp is designated for varsity-level runners and those who meet the required running standards. Additional details will be provided in the parent and runner information package.

**WHERE:** Murrieta Valley High School Track

**WHO:** All boys and girls interested in joining the Murrieta Valley High School cross country team for the 2025 season are welcome! While attending summer camp is not required to be part of the team, it is highly recommended for those looking to compete at a high level during the season. This Summer camp is open to runners of all experience levels, including incoming freshmen for 2025. No prior competitive running experience is necessary—everyone is encouraged to participate. Daily attendance is not mandatory, as we understand that families may have vacations planned. If you have any questions, please contact the coaches.

**TUITION:** \$250.00 for all participants.



**DEADLINE:**

Tuition must be paid online through the link on our athletics' website ([www.murrietavalleyhighhawks.com](http://www.murrietavalleyhighhawks.com)) or directly to the Murrieta Valley Bookkeeper on or before June 13<sup>th</sup> 2025.

Please email or speak to coaches if you need assistance with payment. The Cross-Country team is a school sponsored group, and no student will be denied the opportunity to participate due to the inability to purchase a uniform or attend summer camp.

**EMPHASIS:**

The emphasis of summer camp is to build a strong running base, introduce new runners to the team, and create a fun and supportive environment. The team trains hard, fosters camaraderie, and enjoys the process while preparing for the upcoming season.

**PHYSICALS & CLEARANCE:**

To attend camp or become part of the Cross Country Team each player must have a current physical dated Before May 11, 2025.

There is a Sports Physical Day on Saturday the 10<sup>th</sup> of May 2025 at MVHS. **Flyer and details attached.** Once physical is obtained you must complete application at [www.homecampus.com](http://www.homecampus.com) once you receive the Clearance email that will be turned into the Coaches at beginning of camp. If you have any questions on clearance, please contact Karee via email.

[kmason@murrieta.k12.ca.us](mailto:kmason@murrieta.k12.ca.us)

Participation in a high school summer sport, music or cheer camp is designed to assist participants with skill improvement and practice, enrichment, and/or overall conditioning or proficiency. Summer camps are not required and do not guarantee placement or eligibility for a high school team or program. Participation in recreational camps and activities is optional and separate from the regular school year.



# ATTENTION ATHLETES!

MURRIETA VALLEY HIGH SCHOOL

will be hosting...

## SPORTS PHYSICALS

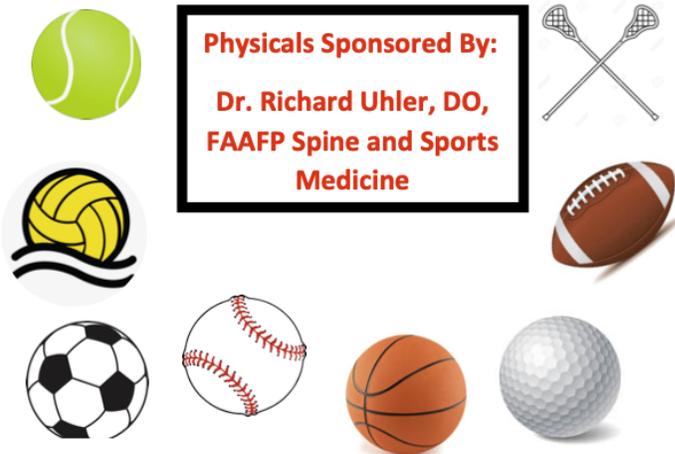
DATE: SATURDAY → MAY 10<sup>th</sup>, 2025

Time: 8am-11:30am

- Football: 8am-9am
- All other sports: 9am-11am
- Last Minute Wrap-Ups: 11am-11:30am

Location: Murrieta Valley High School Gymnasium

Price: \$30.00 Cash ONLY



Physicals Sponsored By:  
 Dr. Richard Uhler, DO,  
 FAAFP Spine and Sports  
 Medicine

ALL PROCEEDS GO  
DIRECTLY TO MVHS  
ATHLETICS



**ADDRESS:**

42200 Nighthawk Way  
Murrieta, CA 92562