



# CROSS COUNTRY PARENT MEETING 2018

[www.mcxc.org](http://www.mcxc.org)

Bookmark our website to find information throughout the season. You should already be receiving emails from us. If you have not received any, email us at [mcxcbooster@gmail.com](mailto:mcxcbooster@gmail.com) and we will get your email added.

## Welcome to Mira Costa Cross Country!!!

### Parent Meeting Checklist

- Sign-up to volunteer online
- Make your fair share donation
- Purchase Uniform/Gear
- Check out Spirit Wear samples

### Coaching Staff

**Boys Head Coach: Robert Calderon**

(310) 592-7130, [RCalderon@mbusd.org](mailto:RCalderon@mbusd.org)

**Boys Assistant Coach: Jeff Atkinson**

(310) 938-5544, [jeff@olympianfitness.com](mailto:jeff@olympianfitness.com)

**Girls Head Coach: Renee Williams-Smith**

(310) 720-5832, [reneewsmith@gmail.com](mailto:reneewsmith@gmail.com)

**Girls Assistant Coaches: Anne Seawright**

(310) 346-1495, [annieseawrightnewton@yahoo.com](mailto:annieseawrightnewton@yahoo.com)

**& Lisa Herman**

### Booster Club Executive Board

Co-Presidents: Jada Hong

Treasurer: David Gamble

Communications: Abby Hacoen

Secretary: Deb Doyle

### Booster Club Volunteer Chairs

Restaurant Fundraising: Deb Doyle

Uniforms: Abby Hacoen & Elizabeth Cervantes

Spirit Gear: Deb Doyle

Volunteer Coordinator: Cathey Graves

Sand Run: Dave Gamble

Photo Link: TBD

Banquet: Helen Velvin & Julie Carew

Contact us: [mcxcbooster@gmail.com](mailto:mcxcbooster@gmail.com)





# 2018 CROSS COUNTRY SCHEDULE



## CROSS COUNTRY MEETS

DAY	DATE	RACE	LOCATION	TIME	LEVEL
Saturday	4-Aug	2 mile Sand Run	Hermosa Beach Pier	8:00 AM	All
	8/10-8/18	MAMMOTH CAMP	Mammoth Lakes		Select
Tuesday	21-Aug	Try-Out/Watermelon Run	Polliwog Park	4:00 PM	All
Thursday	30-Aug	PV Mini Meet	Palos Verdes Course	2:00 PM	All
Saturday	8-Sep	Laguna Hills Invite	Laguna Hills High School	7:00 AM	All
Saturday	15-Sep	Iolani Invitational	Hawaii	TBD	Select
Saturday	29-Sep	Masters University Invite	Central Park Santa Clarita	AM	All
Saturday	6-Oct	MB 10K	Manhattan Beach	7:30 AM	All
Thursday	11-Oct	<b>LEAGUE #1</b>	Palos Verdes Course	TBD	All
Saturday	20-Oct	Mt. SAC	Mt Sac College	7:00 AM	Select
Wed	24-Oct	Warrior Mile	West High School	PM	All
Thursday	1-Nov	<b>LEAGUE FINALS</b>	Redondo Union	TBD	All
Saturday	10-Nov	CIF Prelims	Riverside Gold Course	AM	Varsity
Saturday	17-Nov	CIF Finals	Riverside Gold Course	TBD	Varsity
Saturday	24-Nov	State Finals	Fresno	TBD	Varsity

## CROSS COUNTRY EVENTS

DAY	DATE	EVENT	LOCATION	TIME	LEVEL
Wednesday	20-Jun	Summer Kick-off BBQ	Valley Park	6:00 PM	All
Saturday	14-Jul	Yard Sale	Costa	7:00 AM	Athletes
Thursday	23-Aug	Parent Meeting	Costa Library	6:00 PM	Parents
Wed	29-Aug	Chipotle Restaurant Night	Chipotle Hermosa Beach	4 - 8 PM	All
Mon	27-Aug	Village Runner Shoe Night	Village Runner MB	6 - 8 PM	All
Friday	7-Sep	Pasta Party - Athletes		6:00 PM	Athletes
Thursday	27-Sep	Café Rio Fundraiser	Café Rio	all day	All
Friday	19-Oct	Pasta Party - Athletes		5:00 PM	Athletes
Friday	26-Oct	Glowstick Workout	Costa Track	6 - 9 PM	All
		XC Banquet	Crowne Plaza RB	5:00 PM	All



## Mira Costa Cross Country Booster Club Donation 2018

Cross Country is one of the largest programs at Mira Costa allowing boys and girls in every grade to compete. Supported by engaging coaches and hard-working parent and veteran volunteers, our running program exists because of donations from our families and the generosity of our community.

We hope we can count on you to donate and volunteer so we can continue to support this winning program and the efforts of our hard-working boys and girls.

**This year, in order to meet our costs of invitational fees, transportation, equipment, out of season coaching stipends and other incidentals, we are suggesting a donation of \$225 per athlete.**

The cost for two athletes will be \$350 total. We are hoping for 100% parent participation this year at this level or at whatever level you can give. Participation in our fundraisers boost the camaraderie of our team and helps keep our booster donation amount low.

We appreciate your donation!

Jada Hong 2018 Booster President on behalf of MCXC

**We are accepting your donation this evening, or  
please mail check to:  
David Gamble, 18726 S Western Ave #310 Gardena, CA 90248**

Mail check made out to **MBX FOUNDATION** with "Cross Country" in memo line along with this form.

Booster Club Member(s) Name(s): \_\_\_\_\_

Athlete's Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Booster Club Donation: \$\_\_\_\_\_ Check #: \_\_\_\_\_

*The Mira Costa Cross Country Boosters operate under the framework of the MBX Foundation, a federal tax-exempt organization (FEIN 02-0603467). Donations to MBX with "Cross Country" in the memo go directly to the Cross Country program and are tax-deductible.*

*MBXFoundation.org*

# Mira Costa Cross Country 2018

## Uniform Order Form

**Uniform: everyone needs black shorts (\$20), a singlet (\$40), and a black shirt (\$15) = TOTAL \$75**

**Optional, but highly recommended are warm-up jacket (\$80) and black warm-up pants (\$35)**

**\*\*Track has the same uniform, so this purchase will be for two seasons of sport\*\***

	Size	Price	Quantity
<b>Singlet</b>	Girls: XS, S, M, L Boys: XS, S, M, L	\$40	
<b>Shorts</b>	Girls: XXS, XS, S, M Boys: S, M, L	\$20	
<b>Warm-up Jacket</b>	Girls: XS, S, M, L Boys: XS, S, M, L	\$80	
<b>T-Shirt</b>	Unisex: XS, S, M, L	\$15	
<b>Warm-up Pants</b>	Girls: XXS, XS, S, M, L Boys: XS, S, M, L	\$35	

Please circle sizes above.

**Total from above: \$ \_\_\_\_\_**

Parent Name: \_\_\_\_\_

Athlete's Name: \_\_\_\_\_

Email or Phone #: \_\_\_\_\_

Total = \$190  
for uniform +  
recommended  
warm-ups

Fair Share \_\_\_\_\_  
 Uniforms \_\_\_\_\_  
 Parent Shirt \_\_\_\_\_  
 Misc \_\_\_\_\_  
  
 Total Charge/Check:  
 \$ \_\_\_\_\_

Questions? Contact Abby Hachon  
 hacohens@verizon.net or 310.567.0001

**Make checks payable to MBX Foundation**