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**Westmont Warriors Cross Country 2021 Summer Program**

We are reaching out to all incoming Warriors to invite you to participate in our Cross Country Summer Training Program. It is a phenomenal way to be introduced to Cross Country, but more importantly be introduced to students at Westmont High School and learn about **the** **Warrior** **Way**. Summer training is open to any incoming Freshman.

Westmont is the defending BVAL League champion in both girl’s and boy’s Cross County. We expect to have another outstanding year in the Fall. The key to our success is our outstanding team culture, in which **all athletes** contribute to our team’s success.

**SUMMER PROGRAM:**

Starts Monday June 21st; Practice: M-F, 9-10:30. We meet just west of the Westmont Marquis.

# EQUIPMENT:

All athletes should have proper running shoes, shorts, water and a watch at every practice. Joining our Strava group is highly encouraged, as is bringing a running belt to hold your cell phone.

# STORES:

Running Revolution - Mention Westmont XC and save 10% on most items.

Running Warehouse – [www.runningwarehouse.com](http://www.runningwarehouse.com) – Discount code: WESTWARRIOR, will save you 10% on non-clearance items.

# CONTACTS:

Head Coach: Ron Ernst (m: 408-835-2588) (ron@ernsthouse.com)

Coach: Neil Wolf (m: 408-374-0309) (wolf92@mac.com)

Coach: Lisa Chaudoin (m: 408-679-0274) (lchaudoin@mindspring.com)

# COMMUNICATION / CALENDAR:

The team uses Goggle Hangouts for messaging and updates. Text Coach Ron @ 408-835-2588 to request to be added to the group.

Team website: [**https://sites.google.com/view/westmontxc/home**](https://sites.google.com/view/westmontxc/home)

**We will have a COVID-19 page on the website to keep rules updated, and will be having a parent information meeting in the near future.**

**Welcome to the Westmont Cross Country Family! We are looking forward to another successful season.**