

DVCC Summer To-Do List

- First practice is at 5:20 a.m. May 27th. Come prepared to run.
- For liability purposes, you must become a member of USATF through our club team before you can join our summer training. Go to <http://www.usatf.org/> and complete registration. Membership category: Athlete. Association: Arizona. Club: Arizona Elite Track and Field, club number 48-0197. Membership is good for one calendar year and costs \$20. Visa cards only. Bring a copy of your 2012 membership to practice and provide it to Coach Hanson.
- The DV summer weight-training program for runners is from June 3 to July 12. Classes meet from 7:30 – 8:30 a.m. each Monday and Thursday at DV. The program is optional but highly recommended. Parents are encouraged to watch one of these informative and motivational workouts. Cost: \$100 cash or cashier's check. Go to a session and sign up with Coach C, Doug Christofis, who will also allow our athletes to participate in sessions for other sports on Mondays, Tuesdays and Thursdays from 10-11 a.m. or 5-6 p.m. Contact Coach C at 706-7900, ext. 1326.
- Ensure you have running shoes with plenty of good tread to help avoid injuries. Track the purchase date and mileage and replace shoes every 300-400 miles. Sole Sports (at the corner of Warner and Rural or 1006 E. Warner Road, Tempe AZ, 85284, phone 480-522-2475) provides expert advice on the best shoe for your feet/gait and offers discounts for DVCC and even better discounts for good students; take a recent report card to the store.
- Track your minutes, miles and other details daily. We will do this on a log Coach Hanson will send electronically.
- Review information on Champs Camp and if you are interested, give Coach Hanson the form and a check for the \$50 deposit by June 10. Spots fill up fast; don't be left out. **Camp is July 14-18**. Total cost: \$400.
- Bookmark the Desert Vista Cross Country site and check it often for announcements, schedules, meet directions, meet results for the team and individuals, boosters info and tips: <http://www.thundercc.com>
- Sign up at <http://www.thundercc.com> to follow us on Twitter for the latest breaking news.
- You must get a physical and complete all paperwork before you can join the official training, which starts Aug. 12. An AIA Physical Form must be completed and signed by a physician, CRNP or PA-C.
- Nine steps are involved in getting cleared to participate, including a visit to the Athletic Department and Bookstore while school is open. Do not wait until the last minute! Go to this site to start the paperwork to be officially cleared before the competitive season begins: <http://desertvista.schoolfusion.us/> Navigate on the menu to the left and click on Athletics and then Clearance Information. Or use this direct link:
http://athletics.desertvista.schoolfusion.us/modules/groups/group_pages.phtml?gid=1632816&nid=170793&sessionid=10acdb4031158e1ccfa3962f95f8514b&t=624b85e659fe61dc8deef0ddab484ae8&sessionid=10acdb4031158e1ccfa3962f95f8514b&t=624b85e659fe61dc8deef0ddab484ae8
- Parents: At the www.thundercc.com site, go to **Boosters** and click on **eScrip** registration on the right side. (There's no cost but a percentage of your purchases can go to the charitable organization of your choice.) If you have never joined, please sign up and choose us. If you have already joined eScrip, please contribute a portion to DVCC.

Parents: We will have a new booster membership form on the site before our August meeting, when we will explain why we need your help, membership levels and volunteer opportunities. If you can help in any way or have questions, feel free to reach out to a booster officer. E-mail addresses can be found on the team site by clicking on the **Boosters** tab.

President: Burt Hermanski
President Elect: Dan Beeks

Secretary: Eric Walimaa
Treasurer: Brian Smith