



## Northgate Summer Running

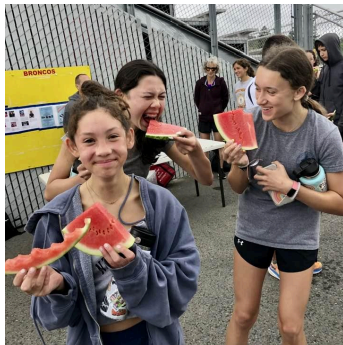
June 10th - July 26th

Open 6 - 12th Graders, No Experience Necessary  
8 - 10:30 AM Mon - Fri, Northgate High School Track

This program is open to all community members wishing to improve their running skills this summer, anyone brand new to the sport, or to those wishing to build mileage before their high school or club season.

### Features of this program include:

- Instruction in running form using drills, wickets and other calisthenics.
- A strength and conditioning program in the weight room with a dedicated coach, Coach T.
- Yoga based movement to assist in running form by Abel Romero.
- We will learn the trails around Shell Ridge, Lime Ridge and Castle Rock Park as well as the extensive flat canal paths in Walnut Creek.
- All students can earn mileage incentive shirts
- \*To be eligible for the 100 mile shirts, we ask the students to track their mileage on the [Strava App](https://strava.com/clubs/carock) by joining the Castle Rockers club (<https://strava.com/clubs/carock>).
- There will also be a program of fun and social events such as pool parties, movie outings and pop up post practice breakfasts, and a couple of racing opportunities so attendees can see progress.
- An Alumni race at the end of Summer, open to all runners, their families, alumni and friends from the community.



## Coaches

Coaching staff will be led by seasoned professionals from Northgate's highly successful Cross Country and track program: Rebecca Carcamo, Peter Ceresa, Cody Davis, Steve Pierce and Ruth Seabrook. Alumni are trained as Assistant coaches to ensure good staff ratios and help on the trails as we teach new routes to the runners.



- **Ruth Seabrook**, Head Coach, Cross Country, preparing for her 13th season. 2019 California NCS Coach of the year.
- **Rebecca Carcamo**, Alum and All American Distance runner, Distance Coach NG Track team.
- **Megan Malloy**, Alum, former Captain, 5k record holder at NG Track, student. cross country and track athlete at Chico State.
- **Sophia Carcamo**, soon to be Alum, 10k record holder NG Track, former Captain of the Cross Country Team.
- **Ella Kopper** soon to be Alum, former Captain of the Cross Country Team, NG Track Captain.
- **Taj Turner**, Strength & Conditioning Coach for the Cross Country and Track teams.
- **Coach Cody**, Head Coach, Cross Country and Middle School Teacher at Foothill.
- **Coach Steve**, Pole Vault and Jumps Coach for NG Track, Asst Coach for Cross Country.
- **Peter Ceresa**, ex Head Coach for Cross Country, former Mid distance NG Track Coach, and Math teacher at Northgate..
- **Nicholas Knisley**, Soon to be Alum and former Captain, Cross Country.
- **Abel Romero**, Doctor of Physical Therapy, movement coach and yoga teacher.

## Payment

There are several options for **payment** for the program to allow for flexibility. We strongly advise that brand new runners choose an option that allows for them to attend 3 days a week initially as their bodies adjust to the rigors of distance running.

## First Day is Free!

All new runners have the chance to sample the program free of cost for one day to see if they enjoy it



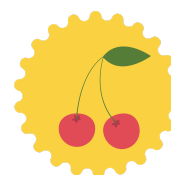
### **Watermelon Level** **\$250**

This is for a returning runner who knows they will be around for most of the summer and will be attending all 7 weeks.



### **Cutie Level** **\$180**

For 20 days of summer running spread in any way you choose over the 7 weeks, perfect for a new runner coming around 3 days a week or a student who is gone for several weeks of the summer.



### **Cherry Level** **\$50/week or \$11/day**

This would suit someone brand new who wasn't sure they wanted to commit to more than a week or a few days - this can later be applied to Cutie level if the student wants more

## Bursaries

For those interested in attending but the cost is prohibitive please email Coach Ruth at [ruth\\_seabrook@comcast.net](mailto:ruth_seabrook@comcast.net) as bursaries are available.

## Payment & Waiver

To secure a spot please email [ruth\\_seabrook@comcast.net](mailto:ruth_seabrook@comcast.net) and we will send you a waiver to fill out. Send payment by check made out to "Northgate Athletic Boosters" (mail to Ruth Seabrook at 951 Cheyenne Drive, Walnut Creek, CA 94598) or Venmo our Treasurer Suchitra @suchitraessl (verification no 2563)

## Races

Students are invited to come and race with the team at the Firecracker 5k on July 4th in Pleasant Hill and at our end of summer celebration, a 2.2 mile race on August 3rd, called the Alumni Race



## Additional Camp

We have a sleep away camp at Point Reyes from Monday 29th - Weds 31st July. This carries an additional cost and is open to incoming 9th graders. The camp is intended as team bonding for all those joining the cross country team.



## Equipment Needs

All campers are expected to arrive hydrated, and to have had breakfast an hour prior to the camp with the following equipment:

1. A well fitted pair of running shoes, we can not stress this enough (we recommend Forward Motion in Danville for fittings)
2. A refillable water bottle
3. Any kind of watch, preferably with GPS but a standard sports watch will do
4. Light shorts and tee shirts
5. Sunscreen