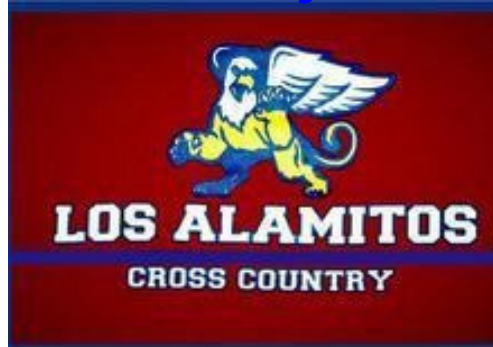


**LAHS Head Coach, Mark Celestin's
2026 Cross Country Summer Camp**



All Students Entering 7th-12th Grades

July 6- August 7

Monday- Thursday: 4:00pm-6pm@ Oak Middle School

Fri: 8:00am-10am@ Oak Middle School

The LAHS summer running camp will feature 4 great weeks of distance training designed to prepare the athletes to compete in the fall sport of Cross Country. LAHS coaches will lead the athletes through a variety of distance running workouts along with team bonding activities. Runners will also benefit from daily dynamic warm ups, running form drills, core strengthening work and weekly aqua jogger pool workouts. By the end of camp, the athletes will be ready for the Team Time Trial in August and the first race at the end of August. 7th and 8th graders will get advanced distance training which will benefit them when they join the team in 2027/28. All athletes will benefit from this endurance training program for the upcoming cross country season and all other later sports seasons.

Coaches: *LAHS Griffin Head Coach Mark Celestin
Assistant Coaches: Jeremy Berryman, Lon Monk, Charles Villegas, Moises Marquez, Caylee Green, Zuhay Anaya*

Cost: **\$295.00**
Cost includes: Camp T-shirt, fun activities like beach runs (with volleyball games to follow), Frisbee ultimate and more. Something fun every week.

How to Register:

Go to www.laef4kids.org/camps

Click on the "RegisterNow" button. Choose "Summer Sports Camps 2026" from the "Season" pull-down menu, Then click "Apply Filter." Find your session(s), create a profile/log-in and sign up! You may also select Mark Celestin in the "instructor" pull-down menu to further filter the camps.

Contact Mark Celestin: runnersworkshop@mac.com Check our website: <http://www.losalxc.org>
E-mail Yolande Davies at programdirector@LAEF4kids.org or call 562-799-4700 Ext. 80424

Proudly presented by: