

# AYALA CROSS COUNTRY

## SIERRA LEAGUE CHAMPIONS



### MEET THE AYALA COACHING STAFF

**Head Coach Dawn Staab** joined the staff in 1998 as a walk-on. She began her coaching career at Walnut High School, of which she is an alumnus and Hall of Fame athlete. She also spent the 2008 season coaching at Cal Poly Pomona.

Coach Staab competed in college and later became a triathlete, sponsored by *Sideout Sports*, *Kashi Cereal* and *Tyr Swimwear*.

Her former professional life was spent behind the scenes in television and film, beginning on the Merv Griffin Show in the 80's and spending 9 years as a film/television and print agent.

She is married to Tim Staab, also a runner and is the mother of two girls, Chloe' USNA c/o '13, and Annika CHHS c/o '13. Coach Staab resides in Chino Hills. [rundawn@earthlink.net](mailto:rundawn@earthlink.net)

**Assistant Coach Jon Colletti** began his running career at El Toro High School. He attended Azusa Pacific University where he was a member of their track and cross country teams.

In track, Jon competed in the 400 and 800 meters where he was a 5 time NAIA All American with PR's of 47.8 and 1:51.54 respectively. He also participated on three national championship teams and at the historic Penn Relays in the DMR.

He continues to train and competes for the So. Cal. Track Club out of Orange County. In July 2010, he competed at the USATF Masters Championships where he placed 2<sup>nd</sup> in the 800 (1:59), and won the 4 x 100, 4x400 and the 4x800.

Jon works at the Disneyland resort and resides in Chino Hills with his wife Brandy and their two children Nathaniel CHHS c/o '15 and Haley CHHS c/o 16'. [jon.colletti@disney.com](mailto:jon.colletti@disney.com)

**Assistant Coach Mario Alcalá** is the newest addition to our coaching staff, going into his 4<sup>th</sup> year with Ayala Cross Country.

Mario is a former Ayala Cross Country and Track varsity athlete. He continued his running career at MT. SAC and became a steeple chaser with a PR of 9:48.

Mario has his own successful business in landscape architecture that keeps him very busy. He resides with Gina in Chino Hills. [runpaul86@yahoo.com](mailto:runpaul86@yahoo.com)



### THE COACHING STAFF WOULD LIKE TO INTRODUCE YOU TO YOUR 2011 TEAM CAPTAINS:

Chandler Colquitt	489-3665
Kenny Tanner	762-4600
Taylor Khan	247-4758
Christian Eagon	706-2027
Jaclyn Gonzalez	568-3378
Jacob Keifer	762-3551

We are sure they will follow in the tradition of the great captains

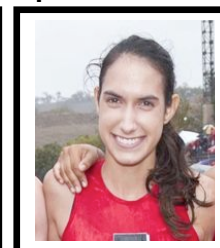
we have had in the past.

They are arranging some fun activities like scavenger hunts and sleepovers before official practice starts July 6<sup>th</sup>.

### Call the captains for summer



**CHANDLER**



**TAYLOR**



**JACLYN**



**KENNY**



**JACOB**



**CHRISTIAN**

## Sierra League Champions

'92, '93, '94, '95, '96, '97,  
'98, '99, '00, '01, '02, '03,  
'04, '05, '06, '09, '10

## C.I.F. Finalists

'92, '94, '95, '96, '97, '98,  
'99, '00, '01, '02, '03, '04,  
'05, '06, '07, '08, '09, '10

## State Finalists

'92, '94, '95, '96, '97, '00,  
'01, '03,  
'04, '06, '07, '08, '10

## Head Coach:

Dawn Staab

## Assistant Coach:

Jon Colletti

Mario Alcalá

## IMPORTANT

**To receive  
updates and  
future  
newsletters,  
log onto**

**[www.ayalacrosscountrytrack.org](http://www.ayalacrosscountrytrack.org)**

**rg  
and sign up**

**(See Weekly  
News)**

Dear Potential Cross Country Athletes:

We would like to invite you to join Ayala's Cross Country Championship Team! Here at AXC, we like to think of ourselves as a family, a highly competitive 90+ person family!

Some of you have signed up as interested specifically in running. Others have shown interest in soccer, track, band, baseball... Some of our best runners have come from other sports! As a matter of fact, three of our top seven varsity girls from last year were also on the soccer team. Cross country is the perfect tune up for winter and spring sports. You will get in the best shape in your life and here's something you might not have known - **this is one of the only sports on campus where freshmen can make the varsity squad!**

We have one of the largest teams on campus. Freshmen are very important to the growth of this sport. It's also nice to start the 2011 school year having already made many friends from summer camp, and with an average of 90 student athletes, you're bound to know someone.

In addition to our summer running camp (not to worry, we don't start freshmen out running tons of miles), we also manage to pack in numerous activities (bowling, movies, ultimate Frisbee, beach trips and slumber parties). Each summer at the end of our camp, we invite a select number of athletes (including freshmen) to come to our ***Mammoth Mountain Running Camp***, where you'll have the opportunity to explore the trails, make new friends, compete in a scavenger hunt and the ever popular Friday Night Un-Talent Show.

We pride ourselves in our diversity. We have team members that also participate in band, baseball, wrestling, softball, soccer, swimming, water polo and track. Cross country is a sport that will put you in top condition, and the more you put into it, the more success you will attain. Several of our varsity boys played on the varsity baseball teams and swim teams.

If you're worried about making your other sports camp, know that we are usually finished by 7:30am, and you are free to go to your next activity or summer school class. All we ask is that you give it a try.

Prior to our official start date of July 6<sup>th</sup>, the girls and boys teams will be meeting at various parks for voluntary informal activities (scavengers hunts, beach trips, sleepovers, bowling). The Captain's phone numbers are on the left if you need information. It's a good way to introduce yourself to the sport and get to know some of the other members.

We encourage you to bring a friend. Please feel free to log onto our website for more up to the minute news at [www.ayalacrosscountrytrack.org](http://www.ayalacrosscountrytrack.org) for summer sign-up information. We look forward to meeting you. Help us make this summer one of the best!

***Dawn Staab***

Head Coach

(909) 851-8421

[rundawn@earthlink.net](mailto:rundawn@earthlink.net)

# Ayala Cross Country's Official Newsletter

**First Day Information - Start Day: July 6<sup>TH</sup>**

## ITS EASY TO SIGN UP:

Go to our website and follow steps 1-3.

Sign up with your information so we know how to contact you and your sizes;

Register with the school for our camp (\$85);

Take care of getting your athletic clearance (school physical)

**1<sup>st</sup> DAY - JULY 6<sup>th</sup>!**

Please wear comfortable attire and running shoes (not cross trainers)

We will meet at the track at 6:00am!



### MEET DATES

Laguna or Bronco Invitational	September 10, 2011	8am
Woodbridge	September 17, 2011	4pm
Nike Pre-Nationals	September 24, 2011	3pm
1 <sup>ST</sup> Sierra League Meet	September 27, 2011	4:15pm
Clovis Invitational	October 8, 2011	8am
2 <sup>nd</sup> Sierra League Meet	October 11, 2011	4:15pm
MSAC Invitational	October 22, 2011	8am
Sierra League Finals	November 1, 2011	2:30pm
CIF Prelims	November 12, 2011	1pm
CIF Finals	November 19, 2011	8am
State Finals	November 26, 2011	8am

## **Top Speed** RUNNING **SHOE CLINIC**

We welcome once again, to our team breakfast the first week of practice, **TOP SPEED RUNNING** in La Verne. They will be coming out and showing us the latest shoes and bags, available for purchase at a fraction of the price through our Team Deal.

The breakfast will be held at 7:15am on Friday July 8<sup>th</sup> – directly after practice on the lunch tables by the MPR.

**Parents are encouraged to attend.**

**IF YOU'D LIKE TO HELP SET UP OUR BREAKFAST**  
(cut fruit, pour juice,...),  
please email Coach Staab.



# ACTIVITIES

## MAMMOTH CAMP



### ALUMNI RACE 2011

It's just around the corner, so dust off those shoes. Our 17th Annual Alumni Race and BBQ at Crossroads Park will take place Thursday August 4<sup>th</sup>. Who will take it this year? More information at [www.ayalacrosscountrytrack.org](http://www.ayalacrosscountrytrack.org)

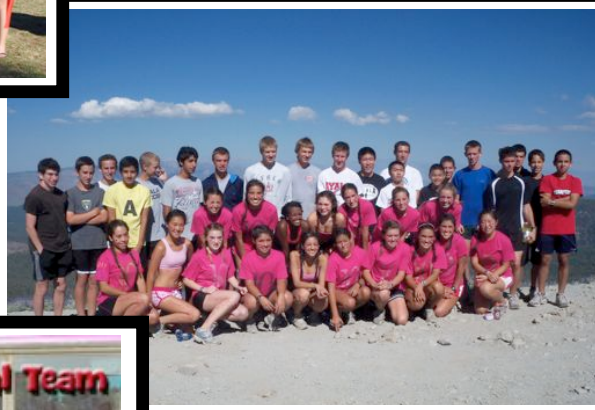


This is our 'Invitation Only' week away. Every year, we take 32 kids to Mammoth for High Altitude Camp, several of them freshmen. We base our decision on several things: ability level (we will be running twice a day in altitude and on trails, therefore, athletes must be able to keep up and not get lost on the trails), injuries, attendance during the summer and the individual effort put forth during our summer practice sessions. The cost of the camp will be \$340. This price includes transportation to and from Mammoth, accommodations (we will have five condos with chaperones in each one), breakfast, lunch and dinner, as well as organized runs and activities. Our final night in Mammoth will be celebrated with a dinner at the fabulous Chart House (cost included in camp fees) and the always famous Un-Talent show. Every run is a trail run up, down or around a mountain!

### FUN TIMES AT CIF



We participate in a lot of special events. This year, Ayala's Varsity Team will be heading to Oregon for Nike Pre-nationals!!!



### 2010 Clouis Invitational Team

