

## Bella Vista High School Cross Country

Bella Vista High school has a rich history of success in Cross Country. Bella Vista High School has 11 Sac Joaquin Section Varsity championship team titles (1980, 1981 and 2015 for the boys and 1984, 1985, 1986, and 1989, 2012, 2013, 2014, and 2015 for the girls) and 5 individual Varsity champions, Jim Mebust 1974, Harold Kuphaldt 1981, Ann Kuphaldt 1985 and 1986, and Kendall Derry in 2013.

The last 7 seasons BV boys Cross Country has experienced a resurgence. In the last 7 years Bella Vista has had 7 Section team titles (1 Varsity Boys, 3 Sophomore boys and 3 Freshman boys), and the boys Varsity teams qualified for the State Championships 3 of the last 6 years. This includes a top 15 finish in last year's state meet. We also have 20 teams that have finished in the top 6 at Sections in the last 7 years (6 varsity boys, 5 JV boys, 4 Sophomore boys and 5 Freshman boys) We have also several top 5 finishes and three first place finishes individually in the Sac Joaquin Section championships. Join the team, have fun, and experience a great season of BV Cross Country!



**Cost: \$295.00**

**\$75.00 non-refundable deposit  
due 6-10-14.**

**Final Payment of \$220  
due 7-8-14**

This cost includes all food, lodging, coaching, and events (including Boardwalk and team building events). We want everyone to attend, so scholarships are available upon request for those who can't afford the cost.

Send Checks payable to "BV Cross Country Boosters Club" to:  
Mary Shade:  
9142 Junewood Lane  
Fair Oaks, CA 95628

**BV Cross Country**  
[h.kuphaldt@gmail.com](mailto:h.kuphaldt@gmail.com)



## Bella Vista High School Boys Cross Country Camp



**Little Basin Campground  
Near Santa Cruz, CA**

## Specifics:

**What:** Bella Vista Cross Country Running Camp. Great food, great places to run (Redwood trails, beaches, etc.), fun and games.

**When:** July 31- Aug 4, 2016

**Where:** Little Basin Campground

21700 Little Basin Rd. Boulder Creek, CA 95006 • (831) 338-3314.

**Why:** Because we want to have fun and get ready for the 2016 Cross Country season!

**Who:** Anyone entering grades 9-12 for the 2016/2017 school years.



## Fun Activities planned:

### Santa Cruz Beach Boardwalk



### Awesome Running trails!



### Great Beach runs!



## Coaching Staff:

### Harold Kuphaldt (Head Coach):

Former Bella Vista High school runner and school record holder in both the 1600m (4:05.18) and 3200m (8:51.99). He is a two-time NCAA Division I Track and Field All-American and sub-4 minute miler. He has served as an assistant coach for 4 years and enters his 4th season as head coach for the boys. He has more than 20 years of coaching experience in multiple sports. In the last 7 seasons BV has qualified for the state meet 3 times, won 7 section team titles, had 20 teams finish in the top 6 at Sections.

### Tom Laythe (Boys):

A former HS and College running standout with more than 15 years of HS Distance coaching experience, including the last 3 years at Bella Vista. He has coached many teams that qualified for the Ca State meet in both track and cross country including 1 state Champion team.

### Chris Goode (Boys):

Former Jesuit HS Distance standout and Current Sacramento State Distance runner.

