

Bella Vista High School Cross Country

Bella Vista High school has a rich history of success in Cross Country. Bella Vista High School has 12 Sac Joaquin Section Varsity championship team titles (1980, 1981, 2015 and 2016 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 8 seasons BV boys Cross Country has experienced a resurgence. In the last 8 years Bella Vista has had 9 Section team titles (2 Varsity Boys, 3 Sophomore boys, 3 Freshman boys and 1 JV Boys), and the boys Varsity teams qualified for the State Championships 4 of the last 7 years. This includes a top 15 finish in last 2 state meets. We also have 24 teams that have finished in the top 6 at Sections in the last 8 years (7 varsity boys, 6 JV boys, 5 Sophomore boys and 6 Freshman boys) We have also had 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: \$325.00

Limited space available!
\$75.00 non-refundable deposit
due now to hold your spot.
Final Payment of \$250
due by 6-1-17

This cost includes all food, lodging, coaching, and transportation. 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



Bella Vista High School Boys Cross Country Camp



Clair Tappaan Lodge
Near Donner Lake, CA

Specifics:

What: Bella Vista Cross Country Running Camp. Great food, great places to run, fun and games.

When: July 31- Aug 4, 2017

Where: Clair Tappaan Lodge

19940 Donner Pass Rd. Norden, CA 95724 • (530) 426-3632.

Why: Because we want to have fun and get ready for the 2017 Cross Country season!

Who: Anyone entering grades 9-12 for the 2017/2018 school year.



Donner Lake beach day!



Awesome running trails!



Spectacular scenery!



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. 2017 will be his 9th season as coach for the boys. He has more than 25 years of coaching experience in multiple sports. In the last 8 seasons BV has won 2 Section Varsity titles, qualified for the state meet 4 times, won 9 section team titles, and 24 teams finished in the top 6 at Sections.

Tom Laythe (Assistant Coach):

A former HS and College running standout with more than 15 years of HS Distance coaching experience, including the last 4 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 (Assistant Coach):

Former Jesuit HS Distance standout and Current Sacramento State Distance runner. Chris enters his 3rd season as assistant coach. BV has won the Varsity Section both seasons he has coached at BV.

