

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 6 individual Varsity champions, Jim Mebust 1974, Harold Kuphaldt 1981, Damian King 2017, Ann Kuphaldt 1985 and 1986, and Kendall Derry in 2013.

The last 9 seasons BV Cross Country has experienced a resurgence. In the last 9 years Bella Vista has had 14 Section team titles (4 Varsity girls, 2 Varsity Boys, 1 F/S girls, 3 Sophomore boys, 3 Freshman boys and 1 JV Boys), and the boys and girls Varsity teams have each qualified for the State Championships 5 of the last 9 years. This includes a top 8 finish in last year's state meet by the boys and 2 podium finishes for the girls.

Join the team, have fun, and experience a great season of BV Cross Country!



Cost: \$350.00

Limited space available!
\$75.00 non-refundable deposit
due now to hold your spot.
Final Payment of \$275
due by 6-1-18

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 and Girls 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 27 - July 31, 2018

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 2018 Cross Country season!

Who: Anyone entering grades 9-12 for the 2018/2019 school year.



**Fun activities planned:
Donner Lake beach day!**



Awesome running trails!



Spectacular scenery!



Coaching Staff:

Harold Kuphaldt (Boys 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. 2018 will be his 10th season as coach for BV. He has more than 25 years of coaching experience in multiple sports

Tom Laythe (Girls Coach):

A former HS and College running standout with more than 20 years of HS Distance coaching experience, including the last 5 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 4th season as assistant coach.

Jon Holmes (Assistant Coach):

Former HS Distance standout Jon enters his 2nd season as assistant coach.

