

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 7 individual varsity champions, Jim Mebust 1974, Harold Kuphaldt 1981, Damian King 2017 and 2018, Ann Kuphaldt 1985 and 1986, and Kendall Derry in 2013.

The last 12 seasons BV Cross Country has experienced a resurgence. In the last 10 years Bella Vista has had 17 Section team titles (4 Varsity girls, 2 Varsity Boys, 2 F/S girls, 4 Sophomore boys, 4 Freshman boys and 1 JV Boys), and the boys and girls varsity teams have each qualified for the State Championships 6 of the last 10 years. This includes a top 8 finish in 2017 in the state meet by the boys and 2 podium finishes for the girls in 2014 and 2015.

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



Limited space available! \$200.00 non-refundable deposit due now to hold your spot. Final payment of \$225 due by 6-30-2023.

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.

Pay by selecting the Donate button on BVtrack.com (be sure to list the student's name and indicate that the payment is for camp) or send checks (and forms) payable to "BV Cross Country and Track Boosters Club" to:

Melissa Hymas:
4700 Hillcrest Ave
Fair Oaks, CA 95628

BV Distance Coaches
Harold Kuphaldt:
h.kuphaldt@gmail.com
Erica Swenson
CoachEricaBVXC@gmail.com



Bella Vista HS Boys & Girls Track Distance Camp



Clair Tappaan Lodge near
Donner Lake, CA

Specifics:

What: Bella Vista Track Distance Camp. Great food, great places to run, fun and games.

When: July 24 - July 28, 2023

Where: Clair Tappaan Lodge

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

Why: Because we want to have fun and condition for the 23/24 school year!

Who: Anyone entering grades 9-12 for the 2023/2024 school year.



Fun activities planned: Donner Lake beach day!



Awesome running trails!



Spectacular scenery!



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 from the University of Oregon. 2022 will be his 14th season as coach for BV. He has more than 30 years of coaching experience in multiple sports.

Erica Swenson (Head Coach):

Erica began coaching at BV in 2020. She loves the sport of distance running and assisting athletes with their goals, while also encouraging enjoyment of the sport, spending time outdoors, and building friendships.

Jon Holmes (Assistant Coach):

Former HS Distance standout, Jon enters his 8th season as assistant coach. He strives to help runners improve fitness and technique, along with developing mindsets of personal awareness, resilience, and courage.

