

CROSS COUNTRY

WAUKEE CROSS COUNTRY CAMP BOYS GRADES 4-8 AUGUST 5-8

CAMP DETAILS

WHO CAN ATTEND

Boys Grade 4-8 in Fall of 2019

DATES & TIMES

August 5-8, 2019

Monday-Thursday from 8:00am-9:30am

Please check Twitter (@WaukeeBoysXC) for weather related cancellation announcements.

Cancelled dates will not be rescheduled.

LOCATION

Centennial Park

(Shelter across from tennis courts)

Inclement weather - TBD

COST

\$50 per athlete

*\$10 per athlete discount for siblings

ENROLLMENT INSTRUCTIONS

Enroll online at:

waukee.revtrak.net/Athletics/CampsandClinics

Under "Activities Department" select "Camps/Clinics"

Select "Boys' Cross Country Camp" along the left hand side

CAMP INSTRUCTION

Principles of Cross Country Training

Strength Training for the Distance Athlete

Speed Development

Nutrition for the Distance Athlete

Injury Prevention and Care

Goal Setting

WHAT TO EXPECT

Campers will participate in a variety of running workouts as well as team building activities, learn distance running fundamentals and discuss cross country strategies.

WHAT TO BRING

Comfortable workout clothes

Running shoes

Water Bottle

Positive Attitude

COACHING STAFF

Terry Nielsen, Head Boys Cross Country Coach

Josh Maxwell, Assistant Boys Cross Country Coach

Steve Nepp, Assistant Boys Cross Country Coach

FURTHER INFORMATION

Terry Nielsen

tnielsen@waukeeschools.org

WAUKEE CHAMPIONSHIP TRADITION

BOYS CROSS COUNTRY

STATE TEAM QUALIFIERS - 2018, 2017, 2016, 2015, 2014, 2013, 2012, 2011, 2010, 2008, 2007, 2006

BOYS TRACK & FIELD

STATE TOP TEN - 2019, 2018, 2017, 2016, 2015, 2014, 2013, 2011, 2010, 2009, 2006, 2005, 2003, 1994

STATE CHAMPIONS - 2015, 2014