

# **CROSS COUNTRY**

## **WAUKEE CROSS COUNTRY CAMP BOYS GRADES 9-12 AUGUST 5-8**

### **CAMP DETAILS**

#### **WHO CAN ATTEND**

Boys Grade 9-12 in Fall of 2019

#### **DATES & TIMES**

August 5-8, 2019

Monday-Thursday from 8:00am-10:00am

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**

\$60 per athlete

\*\$10 per athlete discount for siblings

### **ENROLLMENT INSTRUCTIONS**

Enroll online at:

[waukee.revtrak.net/Athletics/CampsandClinics](http://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](mailto: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