



# CROSS COUNTRY

## Genoa-Kingston Cross Country Camp

Genoa-Kingston will be offering cross country camp to both middle school and high school cross country athletes. The camp will be a five day camp to focus on fundamentals and mechanics of running distance, training techniques, weight training for runners, running and race strategy, and conditioning for the upcoming season.

- **Why have a cross country camp?**
  - The camp will help take athletes running and training to the next level to prepare them for the season making them more competitive earlier in the year
  - The camp will introduce the athletes to the social aspect of cross country that many of the athletes love
  
- **When will the camp take place?**
  - The camp will take place from May 29-June 2
  - The camp will be Tuesday, Wednesday, Thursday from 6:00-8:00pm
  - Friday will be an earlier session- 4:30-6:30pm
  - Saturday- 9:30am-?
  
- **Who can participate in the cross country camp?**
  - Any high school or middle school athlete who plans to run cross country in the fall
  - Any student entering high school (grades 9-12) beginning fall 2018
  - Any student entering middle (grades 6-8) beginning fall 2018
  
- **What is included in the camp?**
  - Five days of training, drills, and workouts to kickstart athletes summer training
  - T-Shirt
  - Participation in mock meets and/or competitive races to take place throughout June and July
    - These will either be ran like an in-season meet and will include other schools or
    - Will be a competitive 5K
  - Chances to win prizes and giveaways throughout the week
  
- **How much does the camp cost?**
  - The cost is \$40 per athlete

# Genoa-Kingston Cross Country 2018 Cogs Summer Camp

Head Coach: Ben Owen

**LOCATION:** Genoa-Kingston High School (and surrounding areas)

**DATE:** Tuesday, May 29 – Saturday, June 2

**CAMP SESSION TIME:**

TUES-THURS: 6:00 - 8:00 P.M and FRIDAY: 4:30 - 6:30 P.M.

SATURDAY - 5K AT WALCAMP AT 9:30 AM

**COST:** \$40 (Includes camp, t-shirt, and mock meets)

**TENTATIVE MOCK MEET DATES:**

June 13 (9:30 am, North Boone), June 27 (Walcamp), and July 18 (Walcamp)

**CAMP COUNSELORS:**

Ben Owen – Head Coach

Christy Fraticola – Middle School Coach

Chad Wilmarth – Weight/Training Specialist

\*Additional XC alumni and XC coaches may also assist throughout

**FEATURES:**

The camp will focus on fundamentals and mechanics of running distance, training techniques, weight training for runners, race strategy, and more. All athletes will receive individual attention as well as team instruction. Athletes will complete baseline training activities, receive summer workout plans, and will compete with other athletes in skill competition and drills. Campers will also receive a camp t-shirt and will be able to compete in two to three competitive races throughout the summer (dates to be announced).

We will have Dr. Shilpi Havron working with athletes during the camp. Dr. Havron is the Director of physical therapy at IVYREHAB Physical Therapy in St. Charles; she focuses on running efficiency and mechanics in order to prevent injury and to make athletes better runners. While she is here, your athlete may be video recorded to help with analysis of running and to provide feedback. If you prefer that your athlete not be recorded, please contact Coach Owen.

**RULES/REGULATIONS:**

Campers must abide by the rules and regulations of Cogs Camp. Campers are required to attend all sessions and activities. Any serious violations, damage to G-K property, or other behavior deemed detrimental to the group will result in immediate dismissal. There will be no refund of fees upon expulsion or withdrawal from the camp.

**REGISTRATION METHOD:**

Complete attached form and mail to or drop off at GKHS:

Genoa-Kingston High School

Attn: Ben Owen

980 Park Avenue

Genoa, IL. 60135

Follow on Twitter- Cross Country Team Page(@GKcrosscountry) or Coach Owen (@benowenbte)

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**PLEASE RETURN WITH PAYMENT**

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Camper's Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Grade starting in August 2018 \_\_\_\_\_  
Phone # (\_\_\_\_) \_\_\_\_\_ Emergency Phone # (\_\_\_\_) \_\_\_\_\_  
Emergency Contact Name \_\_\_\_\_ Relation \_\_\_\_\_

## CONSENT TO TREATMENT LIMITATION AND WAIVER LIABILITY

I/we as the parents/guardians of \_\_\_\_\_ (*camper name*) do hereby grant permission of the G-K Cogs Camp, its employees and staff, to the coverage of any medical issue or emergency that may present itself. I/we understand that all possible efforts will be made to inform me/us in case of treatment.

\_\_\_\_\_  
*Parent/Guardian Signature*

\_\_\_\_\_  
*Date*

**Any medical information we may need to be aware of:**

\_\_\_\_\_  
T-shirt Size (Adult Sizes):            S            M            L            XL