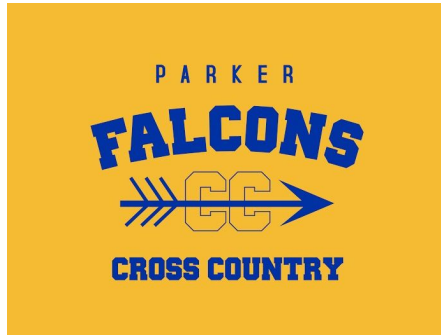


2018 Speed and Endurance Summer Camp

"The will to win means nothing without the will to prepare."

-Juma Ikangaa, 1989 NYC Marathon winner



The kids have BIG goals for 2018. We have swept Conference 3 straight years, qualified for state on both sides 2 years in a row (with the boys winning two straight Sectionals), earned dozens of trophies and medals, broken countless school and course records...but the kids want **and are ready** for more.

This year's camp will continue to be for runners of all levels but our top runners have indicated they are ready to be pushed at a level beyond previous years.

This year's camp will take place on Mondays, Wednesdays, and Thursdays (we have also reserved Tuesdays for those who'd like to go do easy fun runs those days, however there will be no coaches present) at the north end of Apollo Park as in past years. Runners are to bring a water bottle, running shoes, a positive attitude, and a watch each day to camp. The season will be here quickly and we can't tell you how many students have come up to us repeatedly and thanked us for pushing them to run during the summer (last year it was Isabella Ivancevic).

Workouts will include sprints, scavenger runs, selfie runs, distance runs, relays, drills, and a number of fun activities.

In addition to daily workouts attendees will be taught pacing, warming up, cooling down, stretching, appropriate running form, nutrition, mental training for sports and competition and more. Students are strongly encouraged to run an additional 15-20 minutes 1-2 additional days per week on their own.

Who is it for? Any District 161 student, entering grades 5-8, who wants to have fun with their teammates and make new friends while getting in the best shape of their life. Alumni are ALWAYS welcome!

When is it? Camp will be every Monday, Tuesday (no coaches present but the park is open), Wednesday, and Thursday, from Monday, June 25 - July 31. Practices will be from 10:00 a.m. until 11:15 a.m.. Please arrive a few minutes early and be ready to run right at 10, and have rides ready on time. There will be no camp on July 4th. **Please keep this page for dates and times and turn in only the t-shirt form and \$20 cash.**

Where is it? Camp will take place at Apollo Park in Homewood, Illinois (18850 Morgan Street, Homewood, IL 60430). We will meet on the north end of the park by the Morgan and Bowling Green entrance. Students are to be dropped off and picked up at the same spot.

What if I miss a day? No problem! Try to run on your own or exercise on your own and come back the next day.

How can I get more information? Please email Mark Eichenlaub (meichenlaub@sd161.org) or Tim Germeraad (tgermeraad@sd161.org). We also have a Remind 101 account where last minute announcements can be sent directly to your cell phone. **Just text the message @pjhrunning to 81010.**

We have a team website at pjhrunning.com. Please check it weekly.

Thank you!



If you would like a t-shirt for the camp please circle your shirt size below. Please turn in by July 2, 2018

Children's Medium Children's Large Adult Small Adult Medium Adult Large

BRING THIS FORM TO CAMP AND TURN IN TO ONE OF THE COACHES.

I, _____, give permission to _____ to participate in the 4th Annual 2018 Flossmoor Speed and Endurance camp.

I understand that any staff member or coach affiliated with the camp will not be responsible for any accident or injury that may occur.

Signature

Student's goals by end of camp

Email address

Student's goals by end of Cross-country

Phone number