



GATOR CROSS COUNTRY SUMMER CAMP

STRENGTH BY MILE



The Guerin Prep Cross Country Summer Camp is open to runners of all levels from grades 6-12. Guerin Prep's coaching staff and runners will serve as clinicians and mentors.

Based on experience, runners will be grouped for more focused instruction. Runners will learn how to improve running economy, increase running speed, increase aerobic capacity, adapt & simulate proper exercises for long distance runners, quality training /race strategies, and develop awareness on various environmental and physical obstacles. The camp concludes with fun team building games and awards.

Cross Country Builds

A Strong Work Ethic	Self-Confidence	Sportsmanship
Strength Discipline	Agility	Self-Motivation
Physical Conditioning	Determination	Mental Toughness

GUERIN PREP HIGH SCHOOL

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GUERIN PREP CROSS COUNTRY



WHEN: June 3rd – 5:00PM
Informative Meeting and Formal Registration
To be held at Guerin Prep Student Café

CAMP START & END DATE: June 15th – July 31
Tue-Wed-Thurs: Individual Run Plan
Sat: Running Race Events (Optional)
Sun: Team Long Run Plan

SUNDAY TRAINING LOCATIONS:

- Schiller Woods, Chicago, IL
- Busse Woods, Elk Grove Village, IL
- Harms Woods, Glenview, IL
- Wood Dale Grove, Wooddale, IL
- Meacham Grove, Bloomingdale

COST: \$75
(Includes T-shirt, 8 Continental Breakfasts, awards and instruction)

OPTIONAL RUNNING RACE EVENTS:
*June 19th: Country Financial 5k – Gallery Park, Glenview
*July 7th: Liberty Run 5k – Busse Woods, Elk Grove Village
*August 21st: The Champions Run 10k – Lincoln Park, Chicago

Gator Summer Cross Country Camp Registration Form

RUNNER's Name _____ Grade in School _____

Address _____ City _____ Zip _____

E-mail address _____ Telephone _____

T-Shirt Size (Circle one) YS – YM – YL – AS – AM – AL – AXL

As parent or guardian, I hereby give permission for my student to participate in Guerin Prep's Cross Country Summer Camp and acknowledge the fact that the participant is physically able to take part in camp activities.

Signature of Parent/Guardian _____

Emergency Phone Number () _____