

Girls Cross Country and Track & Field Summer Programs 2016

Ages: 6th -12th grades

Dates: Weekdays, June 6th – July 29th

This is a combined camp for cross country and track & field. Athletes are welcome to come to whatever sessions on whichever days they choose.

Cost:

- **Incoming freshmen - seniors:** \$150
- **Jr. high athletes:** \$75
- **If cost is an issue, contact Coach Anderson (manderson@d155.org or 815-347-9111) and we will work something out.**

Location: We meet on the CGHS track every morning.

Sessions:

- Distance/middle distance/long sprint training, M-F, 6-7:30am
- Sprint speed workout, Wednesdays, 8-9:30am
- Long jump, triple jump, high jump, shot put & discus training, Mondays & Thursdays, 8-9:30am
- Pole vault training days & times TBA. Please contact Coach Anderson if interested!
- **If you want to work on a particular field event, but have conflicts with the time the session is scheduled, please contact Coach Anderson to see if an alternative time can be accommodated.**

Attendance: We absolutely understand that kids will not be able to attend 100% of the time because of other commitments and vacations. This is a summer-long camp available to athletes who want to attend when they are able to do so.

Camp Director: Mark Anderson, Cary-Grove head girls cross country and track & field coach

Cross Country Summer Program Philosophy

The cross country summer program gives distance runners a structured, team-oriented environment in which to run quality miles during the summer. It also provides our junior high and incoming athletes a chance to learn more about running, training, and the Cary-Grove program. **Distance runners from ALL levels of ability and experience are welcome.**

Track & Field Summer Program Philosophy

The summer program exists to benefit each and every aspect of track & field: distance runners run quality miles (just as they do in the cross country summer program), sprinters and hurdlers work on speed drills, block starts and technique work; jumpers, vaulters and throwers complete plyometrics, strength drills, and technique work. The program is a terrific chance for our junior high and incoming athletes to learn more about track & field training.

We also offer a track & field camp for young kids new to the sport. For more information on that camp, please go to the [Cary Park District website](#).

Any questions? Feel free to contact Coach Anderson (815-347-9111), or by email (manderson@d155.org).

Registration details can be found at: https://chsd155.revtrak.net/tek9.asp?pg=RW_CGSummerCamp