



Rams

Co-Ed Cross Country Camp

**Description:**

The Rockford High School Co-Ed Cross Country Camp will be lead by the current Varsity Cross Country coaches at Rockford High School; Benjamin Watson and Andrew Martin. The coaches, with the help of current and former high school runners, will give instructions and practice on types of work-outs, form drills, stretching exercises, and core exercises. Camp will conclude with a Cross Country distance race.

Who:

This camp is designed for individuals with an interest or curiosity towards the sport of Cross Country that range from grades 4 to grade 9.

When:

Camp will go from 9:00 till 11:00 for each of the following days

- July 22nd at Townsend Park in Canonsburg Township
- July 24th at Canonsburg Ski Area
- July 28th at Rockford High School
- July 30th at East Rockford Middle School

Cost:

\$25.00 (A Camp T-Shirt will be provided for all athletes)

Daily Routine:

- Warm-Up
- Drills
- Stretching
- Work-Out (Scavenger Hunt, Hill Repeats, 400 Repeats, 2 Mile Race)
- Cool-Down
- Stretching
- Core Exercises

Contact:

Benjamin Watson
Head Girls Cross Country Coach
Rockford HS
863-6040
BWatson@rockford.k12.mi.us

ROCKFORD CO-ED CROSS COUNTRY SUMMER CAMP

Name _____ **Grade ('08-'09)** _____

Address _____ **Phone # H)** _____
_____ **W)** _____
C) _____

T-SHIRT SIZE (Adult sizes – circle one) S M L

Parent Signature _____ **Date** _____

**Send this form with check made payable
to "Rockford Athletics" to:**

Rockford High School
Attn: Athletic Department
4100 Kroes Rd.
Rockford, MI 49341