

2010 INFO

TIME: Middle School 7:15am - 9:00am

High School 7:15am - 9:30am
with optional PM Sessions TBD

DATES: Every Monday, Tuesday, Thursday, and Saturday June 14 - July 29.

***No Camp on July 3rd & July 5th ***

COST: \$75.00 per athlete. Includes camp T- shirt

LOCATION:

We will meet at Indian Plains High School in Aurora on Eola Road.

-Alternate meeting sites will include:
McDowell Grove Forest Preserve, Blackwell Forest Preserve, & Oakhurst Forest Preserve

REGISTER ONLINE at WWW.METEAXC.NET

***Athletes should wear running shoes and bring a water bottle each day to stay hydrated.**

METEAXC



Summer Running CAMP

*The loftier the building, the deeper
must the foundation be laid.*

-Thomas Kempis

Whatever your goal, to compete in cross country, or to be in great shape for tryouts in a Fall Sport, the Summer is where you set the stage to be your best. Look inside to see how we can help...

WWW.METEAXC.NET



Meteva Summer Running Camp

Happy are those that dream dreams, and are ready to pay the price to make them come true. -Leon Suenens

A few years ago, Microsoft ran an ad campaign that centered on a simple question:

“Where do you want to go today?”

Every single day, you are choosing an answer to that question and each day it shapes your future. We believe that by choosing to train your body, mind, and soul to be at its best, you will shape a future founded on a positive attitude that will yield success in the face of adversity.

Our Summer Running Camp is designed to help you discover how to build this positive momentum in your life through fun and challenging training with others. By running with a group your training will be more effective and your competitive instincts will be prepared for future competitions.

In addition to distance and interval running, we will train you in proper nutrition, stretching, running form, and strength /core development.

Wherever you want to go, we want to help you get there.



Meteva Summer Running Camp

FAQ

Who runs the camp?

Chris Rohde is the Head Coach at Meteva Valley High School. He previously was an assistant coach for the 2007 IHSA State Champions at Neuqua Valley High School. Middle school coaches from the area including Mike Berendt from Hill Middle School and Nick Hurd from Granger Middle School will assist him.

What if I haven't run that much before?

That's ok! In fact, you have the most room for improvement. We will advise you on how much and how hard you should be running and partner you with athletes at the same level.

What if I don't plan to run Cross Country in the Fall?

Also ok! Our program is great for anyone wanting to increase their fitness for another sport such as Soccer, Basketball, Baseball or Lacrosse. The benefits of running are increased endurance, stamina, and competitiveness, which are keys to success in any endeavor.

Who can participate?

Any boy entering 6th - 12th Grade.

How do I register?

Register Online via METEAXC.NET

Email chris_rohde@ipsd.org for further info.