

# ARLINGTON EAGLES 7-12 CROSS COUNTRY CAMP

Location: High School Track

**Tuesday:**

- Warm-up Routine
- Form Running
- Foot / Arm Exercises
- Team Run
- Ab-Routine
- Cool Down / Game

**Thursday:**

- Warm-up Routine
- Form Running
- Foot Exercises
- Individual Run
- Hill Work
- Cool Down / Game

**Wednesday:**

- Warm-up Routine
- Pack Running Technique
- Follow the Leader
- Ab-Routine
- Cool Down / Game

**Friday:**

- Warm-up Routine
- Arm Exercises
- Partner 1-to-1 (2 Mile)
- Cool Down / Game

The camp will help to prepare us for a summer of conditioning, learn about proper running form and meet your future teammates. When you come to camp please bring a water bottle to allow your self to hydrate before, during or after our mini-workouts.

Also, please plan to attend the free sports physicals that are given by Fremont Area Medical Center, June 3rd at 5:30. Contact the high school or myself for more information.

## REGISTRATION

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_

08-09 GRADE: 7 8 9 10 11 12

T-SHIRT SIZE:    YS    YM    YL  
                           S    M    L    XL    XXL

COST: \$25 (DUE MAY 9TH)



**QUESTIONS:**

CONTACT SCOTT PARSON

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