

Mountain Vista High School



2018 Cross Country Summer Training Camps

Who: All Mountain Vista High School and Mountain Ridge Middle School students are welcome to participate.

What: A 10 week summer training program for dedicated cross country runners looking to get ready for the 2018 season.

When: Mondays through Fridays from 7:00 to 8:30 a.m starting June 4th and running through the week of August 6th. We will occasionally meet on Saturdays to run during the summer for those wanting to take part.

Where: We will meet at a variety of locations throughout the Highlands Ranch area to run. Practice locations will be posted each week at www.vistanationxc.com

Registration and Fees

Register Online at: www.vistanationxc.com

\$150 for all HS and MS athletes.

Bring checks the 1st day of summer conditioning made out to
“MVHS XC Booster Club”

Registration Due: Please register online before June 4th

Coaches: The high school camp will be lead by Mountain Vista High School Head Cross Country Coaches Jonathan Dalby and Eric Selle. Our assistant coaching staff will also be helping throughout the summer to ensure proper supervision on every run.

Contact Information: Contact Coach Jonathan Dalby with questions regarding the summer program at jhdalby@dcsdk12.org.

Training: All running programs are based on the experience and ability of each individual runner. We will also be working on flexibility and strength at camp to ensure that everyone stays strong and healthy. Every high school athlete will be given an **individualized training plan** to follow each week.

Website: Please visit our website for more information concerning the summer program and the fall XC season:

www.vistanationxc.com

Middle School Camp: The middle school camp will meet at the same times and locations as the high school camp. Middle school athletes will be under the direct supervision of Mountain Ridge Middle School Coaches Karen Sprafke and Jeremy Estell during the summer. Training will be kept age appropriate for our younger runners at camp.

Attendance: Attendance is 100% optional. Many athletes will go on vacation or be out of town during the summer. Although we will offer a structured camp 5 to 6 days a week, athletes will not be turned away if they cannot make it everyday.